

# eFitness365: Fit to Live

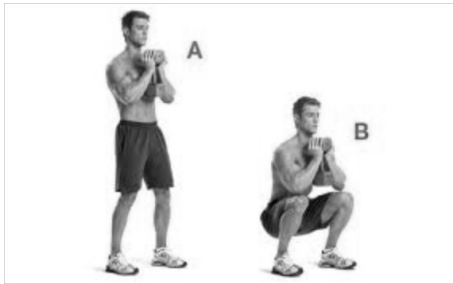
www.eFitness365.com

## 60 Seconds Strength & Cardio

Perform each exercise for 60 seconds. Go directly to the next exercise.



Jumping Jacks



Isometric Squat Ladder-squat,

hold at bottom for one second, drive back up to start, repeat holding second one for two seconds, driving up, hold third squat for three seconds, and so on.



Pushups with one-second

hold at bottom for first one hold for two seconds for the second and so on.



Dumbbell swing



Plank up and Down



Airborne lunges- keep torso straight, push hips back and lower body as much as possible by bending leg. Pause; push body up to starting position. Alternate legs.



Triceps dip



Standing leg raise



Abdominal crunch



Step up or lunge

Pause 30 seconds once you have completed all 10 exercises. Repeat up to four times total.