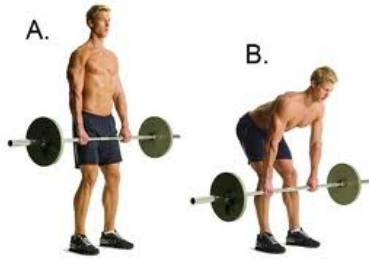


# eFitness365: Fit to Live

[www.eFitness365.com](http://www.eFitness365.com)

## Basic Training #1



Deadlift x5



Shoulder Press x5



Push Ups x5

Repeat 3 times. Each week use heavier weights.



controlled

Drinking bird x 5 each leg- slow and



Scissors x 25- slow and controlled



tap weight to floor

Russian Twist x25- twist belly button to side,

