

eFitness365: Fit to Live

www.eFitness365.com

Basic Training #2



Dumbbell Swing x5



Bench Press x5



Push-ups x5

*Repeat 3x. Each week use heavier weights.

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Curl up x25



Bicycle legs x25 each side. Think about bringing shoulders up to knee, not knee to shoulder



Plank- hold for time. Try to improve each week!

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