

eFitness365: Fit to Live

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Abs!



V- Sit up 30x



Four point crunch (center, left, center, right = 1) 30 reps



Bicycle legs 30 each side



Scissors 50x slow & controlled



Hanging leg raise- start with single leg, work up to both legs, twist side to side (when lifting both legs seal your thighs together to further engage core) 3 x15x



Plank: how long can you go?



legs! 2x 15

Bonus! Side to side with ball or other object between

