

eFitness365: Fit to Live

www.eFitness365.com

Absolutely Fabulous!



Hundred up- 100 high knees

Breathe!

Hundred up



Breathing all fours- breathe in and out with deep breaths

activating your core



heels up 10x



Crunch: slow and smooth 10x



Add hands overhead for 10x Lock elbows to ears!



Dumbbell on chest and lift legs 10x



Reverse crunch 10x



Side crunch 10x

Straight arm up and over to knee 10x

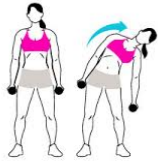
Straight arm on side 10x

Banana leg lift 10x

Repeat on other side



Plank for time (try for 3:00, lifting arms, legs, and going to side plank)



Side stretches weighted down with dumbbell 10x



Lunges- 10x each leg with dumbbells. Take small steps,

avoid leaning forward

Hundred up

Breathe!

Hundred up

Breathe!

Hundred up

Sit up with bridge 10x



Lying twist rotating bent knees 10x each

leg



Swiss ball crunch-perch on ball, kiss small of back 10x



Alphabet abs- spell FREE_WORKOUTS_AT_EFIT!



Pike roll out 5x



Push up off ball 5x



Pistol 5x each leg



Lunge and lift back leg with dumbbells 10x each leg



Frozen V-sit 5x



Pushup with side plank rotation 5x each side

Overhead cross over sit up 10x each side



Toe taps 10x each leg

Weight on chest – feel activation of core muscles as you breathe in and out deeply 5x



Single leg deadlift and row 5 x each side