

# eFitness365: Fit to Live

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## Amazing Abs



Lying leg raise 3/15 reps



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



Swiss Ball Roll out 15 x

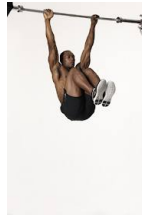


Bicycle legs 2 x 25 (each side)



Scissors 30 reps

Amazing Abs



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). Do as many as you can- and then one more!



track!

Plank- hold for as long as you can- time yourself to keep