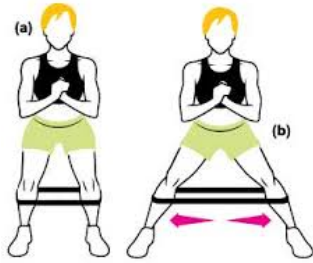


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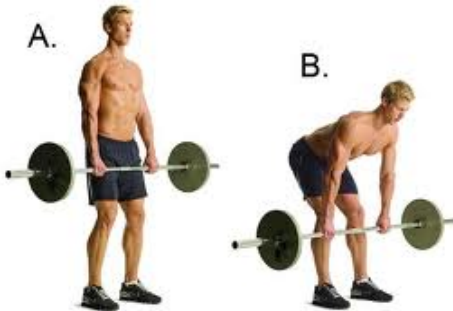
Bike Workout



Tie band around ankles and shuffle 20 steps each direction



Reverse lunge with dumbbells (try to use weights that are 10 to 15% of body weight) 3 x 20 reps



Dead lift 2 x 15 reps



Bridge-hold for 1 minute, lift each leg 30 times



Scissors 30 reps



V-sit 30 reps



Hamstring curl on ball 30 reps



Crunches 30 x



Standing side bend with weight 30x each side