

# eFitness365: Fit to Live

www.eFitness365.com

## Core Conditioning



Bicycle 25x, reverse bicycle 25x



A



B

V-up 25x



Plank count to 25



Side plank count to 25, other side plank, count to 25



Cross leg/ wide leg sit-up 25x



Scissor 25x



Russian twist 25x



Squat with dumbbell 15x



Straight leg dead lift with dumb bells 15x

Repeat entire workout 4x