

eFitness365: Fit to Live

www.eFitness365.com

Countdown to fitness!



Lunge



Burpee with push up



Sit-up



Jumping jacks

Do 10 of each of these exercise

Do 9 of each of these exercises for the second set; then-8-7-6-5-4-3-2- the final set is 1 repetition of each exercise.