

# eFitness365: Fit to Live

[www.eFitness365.com](http://www.eFitness365.com)

Core Work: Slow & Focused!



Drinking bird: Stretch out, then towards the floor. Pick up 3-5 pound dumbbell and bring up overhead. Think long and lean. Repeat 5x and switch sides




Heels to heaven: Make a footprint on the ceiling with flexed feet. Movement is small and focused on lower ab muscles. Repeat 10x



Scissors: Straighten legs and slowly lower one leg to the ground, switching legs. 50x each leg.



Russian Twist: Balance on bottom, legs parallel to floor. Rotate torso side to side. May add dumbbell. 25x each side.



Arm up sit up: Keeping one arm to ceiling, reach up and over to flexed foot. Slowly lower back to floor, keeping arm to ceiling. Switch sides. Repeat 10x



Toe Taps: Start with both legs lifted, parallel to the floor, and the back sealed to the floor. Slowly lower one toe to the floor, then slowly return to center. Repeat other side. Pretend you are testing the temperature of water with your toe. 10x each side.



Plank for time-You may also want to go from elbow plank to full plank, repeating as many times as you are able.