

# eFitness365: Fit to Live

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

## Math Curse



1.

10 Burpess



2.

10 goblet squats with dumbbell



3.

10 push-ups



4.

10 overhead press with dumbbell



5. 10 plank jacks- plank on elbows, open/close

legs like a jack



6. 10 sit ups



7. 10 scissors



8. 10 rows with dumbbell



9. 10 Turkish get ups



10.

10 dumbbell swings

Repeat 10x