

eFitness365: Fit to Live

www.eFitness365.com

Objective: Shock the System

Be sure to set up your workout area before starting this workout!

Warm up:

5 Rounds

10x Air Squats (break parallel with your front of your legs; stay on your heels)

8x Push-ups

10x Sit-ups

1st 4 movements of Sun Salutation Yoga Stretch

Training:

4 Rounds

20 steps of Walking Lunges

8x 60-Foot Shuttle Touchdown Sprints (Touch ground at end of each 60 foot sprint and alternate hand touchdowns)

30 Second Rest

*** Rest 3 Minutes ****

5 Rounds

12 Kettlebell or Dumbbell Swing @ 25 to 60 lbs

8 Burpee Dive Bombers

Get through this as quickly as possible.

Rest 4 Minutes

4 Rounds

10x Leg Wipers (to take pressure off low back have flexion at the knees, otherwise legs stay straight throughout movement) side to side

10x Weighted Sit-ups @ 25 lbs for women and 45 lbs for men (feet are not anchored)

10x Face Down Back Extension (touch forehead to back of hands, lift body up from floor and hold for 5 sec before returning to floor)

60 Second Front Modified plank instead of full plank

2 Rounds

3x Back Bridge Rotation (both ways = 1)(by moving one leg in circular motion, repeat with other leg; maintain straight leg, but if not leg can be flexed at knee)

Hip Flexor to Inside Lunge Stretch (30 seconds for each)

Foam Roll Low Back (30 seconds)

Foam Roll Upper Back (30 Seconds)