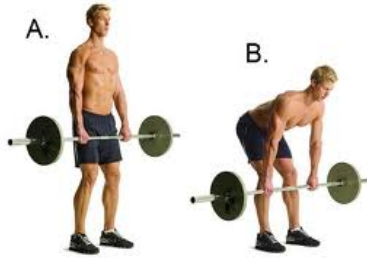


# eFitness365: Fit to Live

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

Strength: Form & Function



Dead lift x 6 reps



Rows x 5 reps



Squats x 4 reps



Clean x 3 reps



Overhead press x 2 reps



Burpee with push-up x 1 rep

Repeat 10 (!) times

Free Workouts at [www.eFitness365.com](http://www.eFitness365.com)

Strength: Form & Function