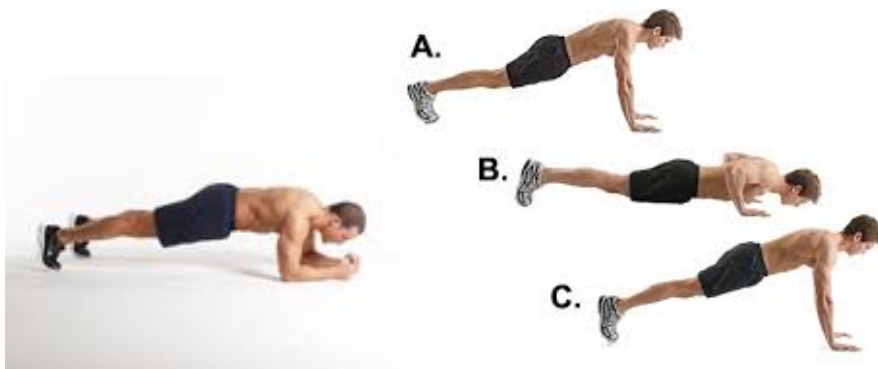


# eFitness365: Fit to Live

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

## Fast & Furious



Plank and push ups: In plank position, walk forward on your forearms 5 steps, do 10 push ups, go back to forearm plank, move 5 steps backward. Repeat 10x



Turkish getup: Keep your arm pointed up to the ceiling. Alternate hands, repeat 5x.



Plank with weighted row: In plank position, center a weight between hands. Walk forward with hands and feet until weight is under waist. Reach for weight, move it forward so it is between hands again. Repeat 10x, alternating hands



Squat (with or without weight) -hold for 2 minutes (may want to start with 2x60 seconds)