

eFitness365: Fit to Live

www.eFitness365.com

Force 7 Workout



Standing gate opener



Single leg dumbbell lift



Push-ups



Sit-ups



Single leg dumbbell row

Push-ups

Sit-ups



Chest lift rotation

L to R, R to L



Jacks

Push-ups

Sit-ups

Chest lift rotation, L to R, R to L



Burpee

Push-ups

Sit-ups

Chest lift rotation, L to R, R to L



Donkey kicks- Leg in and out

Pulse up to ceiling

Bend knee and pulse up to ceiling (can add

dumbbell)

Plunk with straight leg slide



Plank-on elbow- front to back

Side to side
Try to make a circle
Try walking sideways



V-sit – in and out



Russian twist



Cat/cow stretch