

eFitness365: Fit to Live

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Go Heavy & Build Strength



Plank position 1:00 minute



Row 15 lb weight, push up with staggered hands, and walk forward. Repeat other side, 10x



Lat pull downs 5x



Push up 10x



Squat with bar on back, weight on heels 5x



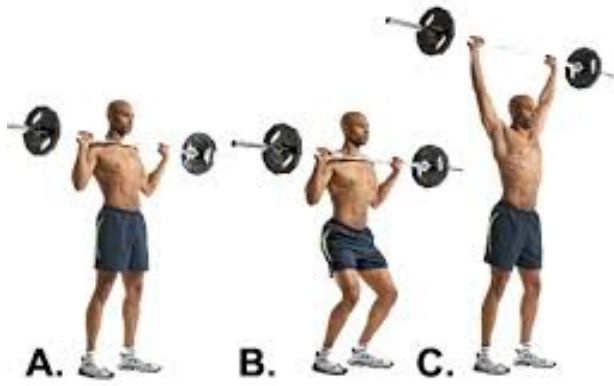
Triceps dip 10x



Overhead squat 5x



Dead lift 10x



Overhead push press 5x

Repeat 3x