

eFitness365: Fit to Live

www.eFitness365.com

Intensity: Mix & Match



Single leg deadlift 10x



*Jumping jacks 20x



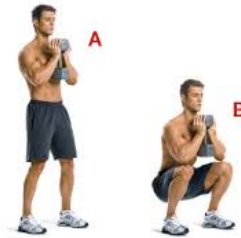
Push-ups 10x



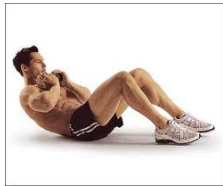
*Mountain climber 20x



Inverted pull up 10x



*Squat 20x



Weighted crunch 20x

This workout fits into *your* schedule- short on time or energy? Do the set on the left. Want to add cardio and extra strength? Incorporate the exercises on the right. You can even repeat the whole set for added fun!

