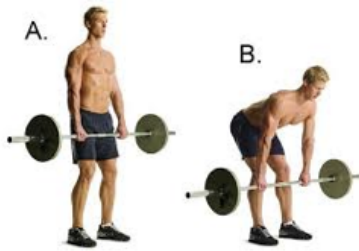


# eFitness365: Fit to Live

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

## Kick in the Pants



Deadlift 25x



Dumbbell side lunge 25x



Sumo squat with dumbbell 25x



Reverse lunge- weights on shoulder 25x



Single leg deadlift 5x



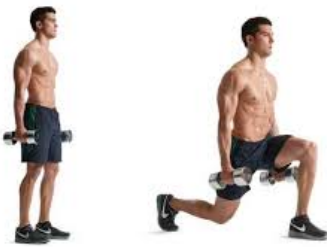
Squat- weight on shoulders 25x



Dumbbell swing 25x



Goblet squat 25x



Forward lunge- weights on shoulder 25x



Hamstring curl on ball 20x



Pulse on ball 20x



Clamshell 20x each side



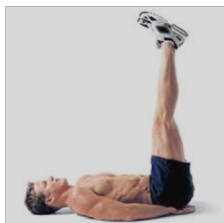
Hamstring curl, all fours 20x each side



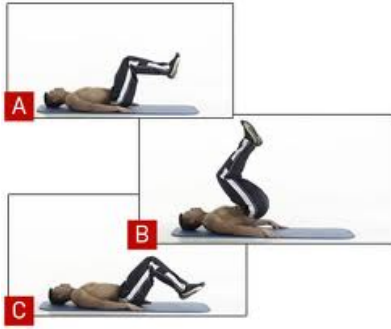
Side kick, all fours 15x each side



Russian twist 25x



\*Heels to heaven 15x\*



Reverse abs 15x



V-sit up, hold for 60 seconds

Repeat from \* 3x