

eFitness365: Fit to Live

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Killer Core Workout



Burpee 13x



Toe Touch Sit-up 13x



Push up 13x



Heels to heaven 13x



Plank jacks 13x

Killer Core Workout



Bent legs side to side/center crunch 13x



Plank count to 13



Scissors 13x



Plank to elbows and up 13x



Russian twist 13x

Killer Core Workout



Squat thrust 13x



Toe taps 13x each side



Side plank count to 13



V-sit 13x

Repeat once.