

eFitness365: Fit to Live

www.eFitness365.com

Less is More



1 squat



10 push-ups



10 scissors

2 squats

9 push-ups

10 scissors

3 squats

8 push-ups

10 scissors

4 squats

7 push-ups

10 scissors

5 squats

6 push-ups

10 scissors

6 squats

5 push-ups

10 scissors

7 squats

4 push-ups

10 scissors

8 squats

3 push-ups

10 scissors

9 squats

2 push-ups

10 scissors

10 squats

1 push-up

10 scissors