

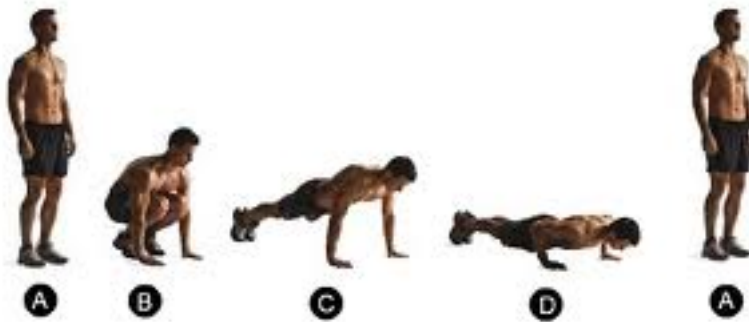
# eFitness365: Fit to Live

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

Magic Core Formula

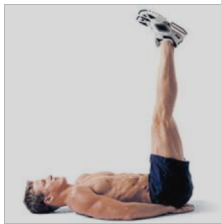
50/30/20

Dynamic Warmup



Burpees 10x

50%: Lower Abs (Think below your belly button)



Heels to heaven 10x



Scissors 10x



Toe Taps 10x

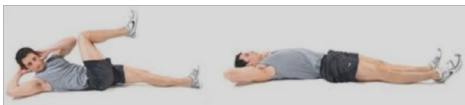


Swiss Ball Pike 10x

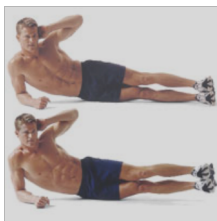


Hanging leg raise 10x

30% Obliques (The sides of your torso- these help give your body shape)



Criss Cross 10x



Side jackknife 10x



Crunch with side-bend hold (you can add weights) 10x  
20% Upper Abs (above your belly button)



V-ups 10x



Hand to toe touch 10x

Repeat 5x