

eFitness365: Fit to Live

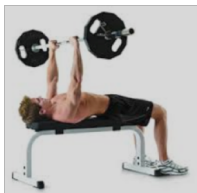
www.eFitness365.com

Red, White & Blue!



1:00 Jumping Jacks or Mountain

climbers or Burpees -for endurance



1:00 bench press



1:00 squats



1:00 overhead press with controlled pull

down



1:00 Jumping Jacks or Mountain

climbers or Burpees



1:00 hammer curl with dumbbells



1:00 lunges with dumbbells



1:00 bicep curl with dumbbells

1:00 Jumping Jacks or Mountain climbers or Burpees



10 lateral raise with dumbbells, palms down

10 lateral raise with dumbbells, thumbs up

10 lateral raise with dumbbells, thumbs down



10 front raise with dumbbells, thumbs up

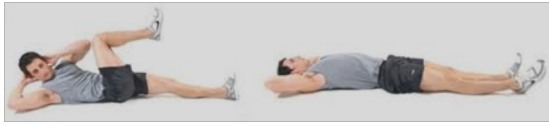
10 cross over with dumbbells, palms away



10 military press with dumbbells

1:00 Jumping Jacks or Mountain climbers or Burpees

*25 crunches



50 right elbow to left knee

50 left elbow to right knee



50 reverse crunch



50 double crunches



Swimming

Repeat from *!

Fitness Test:

2:00 squat (2:00 is goal- do your best!

2:00 sit up (59 is minimum standard, 80 is recommended)

2:00 push up (49 is minimum standard, 80 is recommended)

Sit and Reach