

eFitness365: Fit to Live

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Side by Side Strength



Suitcase deadlift 8x

A.



B.



Dumbbell single-arm



overhead press 8x



Dumbbell offset reverse lunge 8x



©JEFF Dumbbell single arm bench press 8x



Neutral grip dumbbell single arm row 8x



Dumbbell row from plank



Turkish get up 4x each side



Opposite arm/leg 8x



Cat/camel 8x



Side legs: lift 8x
circle 4x each way
pulse both legs together 8x

Repeat entire workout 4x