

# eFitness365: Fit to Live

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

Speed Abs-set timer for 30 minutes and enjoy!



Burpee- add a push up 10x



Dumbbell Swing 10x



Dumbbell Hammer Curl and Press 10x



Dumbbell Triceps Kickbacks 10x



Squat 10x



Squat with dumbbell 10x

Repeat!