

eFitness365: Fit to Live

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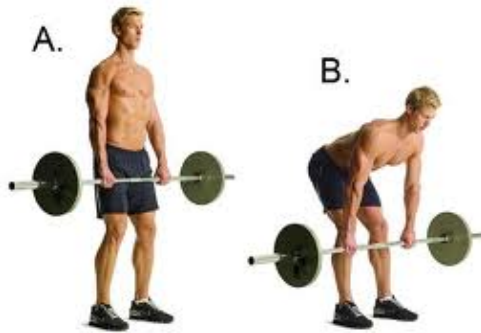
The Basics



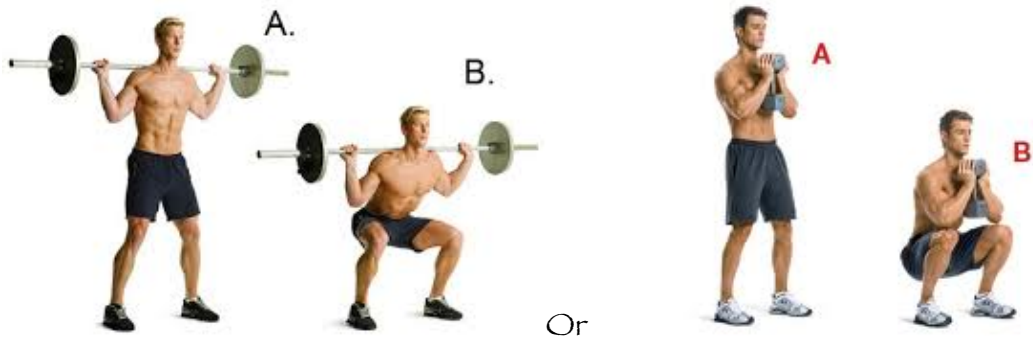
Plank



Push- overhead press



Pull- dead lift



Squat



Step – on step with weights



Rotation- Russian twist



Diagonal- wood chop