

# eFitness365: Fit to Live

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

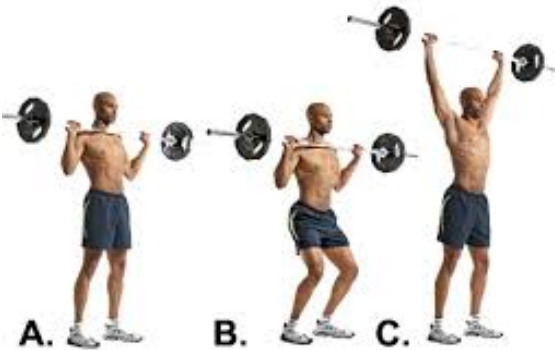
## Ultimate Power Workout



squats with weight



dead lift



push press



reverse grip pull downs- if you have access to a machine. If not, try pull-ups, or one arm dumbbell row



bench press

Do three times a week

day 1: 3 sets /13 reps

day 2: 3 sets/5 reps

day 3: 3 sets/8 reps

Great to combine with core workout or running or cycling or swimming!

Try adding the following-

Crunch 50 reps

Scissors 50 reps



Single leg marching 50 reps

Plank for 3 minutes