

eFitness365: Fit to Live

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The World's Best!

Execute the following quickly, with 10 seconds of rest between each exercise. Do 25 reps of each exercise, then repeat entire set with 15 reps, then repeat entire set with 10 reps



Burpee



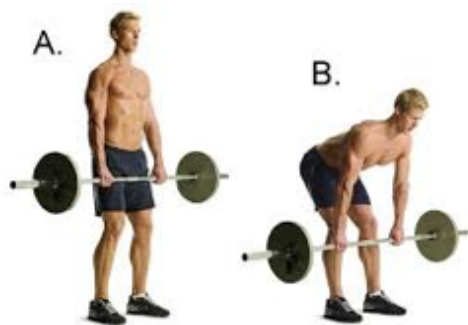
Squats



Jumping Jacks



Lunges



Dead lift



Push-ups



Crunch



Side Plank with push-up