

BEGINNERS EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. THE **BEGINNERS EXERCISE PLAN** WILL EASE YOU INTO EXERCISING QUICKLY.

FOR MORE TIPS ON HEALTHY EATING AND OTHER SPECIFIC EXERCISE PLANS, VISIT OUR WEBSITE AT WWW.HERBEXHEALTH.COM



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1st TIME



MARCHING / STEPPING - 30 SECONDS

Step 1: Stand up straight, chest out, navel sucked in towards your spine.

Step 2: Arms at your side, slowly march on the spot for 1 minute.

CHAIR SQUATS - 1 Set of 12-15

Step 1: Stand up straight with your feet shoulder-width apart in front of a chair.

Step 2: Place your arms straight out in front of you to assist with balance.

Step 3: Slowly bend your legs, while pushing your hips back and keeping your back straight and tummy in.

Step 4: Slowly lower your body and stop just before your bottom hits the chair.

Step 5: Exhale as you return to a standing position and tense your legs.

MARCHING / STEPPING - 30 SECONDS

KICK OUTS - 1 Set of 12-15

Step 1: Back straight, navel sucked in towards your spine.

Step 2: Hold on to the back of a chair.

Step 3: Slowly kick one leg out towards the side.

Step 4: Slowly kick one leg across the other.

Repeat on the other leg 15- 20 reps

MARCHING / STEPPING - 30 SECONDS

TOE LIFTS & DIAGONAL PUNCHES - 1 Set of 12-15

Step 1: Stand upright, navel sucked in towards spine.

Step 2: Arms rested at your sides, slowly come up to the tips of your toes, slowly come back down into starting position.

Step 3: Punch diagonally, one arm at a time.

MARCHING / STEPPING - 30 SECONDS

WALL PUSH UPS

Step 1: Stand in front of a wall with your arms shoulder-width apart, back straight and tummy in.

Step 2: Place your palms flat against the wall, walk your feet out until your body is at a slant.

Step 3: Exhale and bend your elbows, lean into the wall.

Step 4: Inhale and push your body back to starting position.

MARCHING / STEPPING - 30 SECONDS

NOTE: Follow this exercise program 2x week for the first week, 3x week for the second week and by the third week try to do 2 sets of each exercise, by the fourth week aim for 3 sets of each exercise 3x week.

For cardiovascular exercise walk for 15min 2 week for the first week on the days you aren't exercising, second week walk for 20 minutes, third week 30minutes, fourth week a brisk walk for 30 minutes.



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Get slim. Start today!

To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.

* We ALWAYS recommend talking to your doctor before you start any new exercise routine.