FAT BURN EXERCISE PLAN

THE FAT BURN EXERCISE PLAN WILL KEEP YOUR BODY AND HEART HEALTHY.





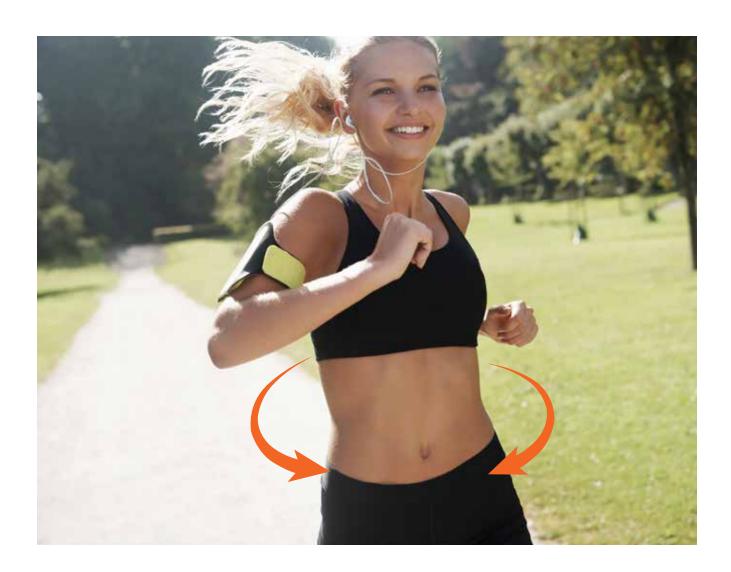
FAT BURNING CARDIO WORKOUT

Step 1: 1st 3minutes light walking or cycling at an intensity level

Step 2: 30 seconds of jogging or fast cycling at an intensity level of 8/10

Repeat the sequence for 20 minutes

"Running makes me happy because I can clear my head in my own time without any interference."



www.herbexhealth.com • enquiries@herbexhealth.com



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+27 83 425 1868

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

