

FAT BURN EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. THE **FAT BURN EXERCISE PLAN** WILL KEEP YOUR BODY AND HEART HEALTHY.

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



by **CARLA SMITH**
THE HERBEX FITNESS EXPERT

FAT BURN



FAT BURNING CARDIO WORKOUT

Step 1: 1st 3minutes light walking or cycling at an intensity level of 5/10

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.”



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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.