

ENERGISING MORNING EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. THE **ENERGISING MORNING EXERCISE PLAN** IS IDEAL TO GET YOU GOING EVERY DAY.

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



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ENERGY



MARCHING - 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.

JUMPING JACKS - 1 Set of 15

Step 1: Stand up straight, feet together, arms at your sides.

Step 2: Slightly bend your knees a jump a few centimetres into the air.

Step 3: While in the air, bring your legs shoulder width apart and raise your arms above your head.

Step 4: Land on your feet shoulder-width apart and arms at your sides.

Repeat 15-20 reps

MARCHING - 30 SECONDS

JUMPING JACKS - 1 Set of 15

KICK UPS - 1 Set of 20

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

Step 2: Squat with your legs shoulder-width apart.

Step 3: Push back up into the starting position and kick one leg out towards the side.

Repeat on the other leg 15- 20 reps

SKIP SIDE TO SIDE

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

Step 2: Skip side to side for 30 seconds.

"Training in the morning gives me the energy I need to get through the day."

SQUAT & CURL

Step 1: Stand with your legs wider than hip-width apart, holding one dumbbell in each hand. Palms facing upwards.

Step 2: Push your hips back and keep your abs tight throughout the exercise.

Step 3: Squat down and hold for 3 seconds.

Step 4: Slowly come back into the start position, bend your elbows and curl the dumbbells towards your shoulders and tense your legs on the way up.

Repeat 15 – 20 reps

TOE LIFTS & DIAGONAL PUNCHES

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.

Repeat 20 reps

SQUAT & CURL

BOUNCE SIDE-2-SIDE - 30 SECONDS

MARCHING - 30 SECONDS



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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.