

GETTING RID OF LOVE HANDLES EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. THE **GETTING RID OF LOVE HANDLES EXERCISE PLAN** WILL ASSIST WITH YOUR BIGGEST NIGHTMARE - THE MUFFIN TOP!

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by **CARLA SMITH**
THE HERBEX FITNESS EXPERT

LOVE HANDLES



DO CARDIO (5x per week)

Try jogging, running, dancing, cycling, aerobics, boxing or skipping.

KNEE TO ELBOW (4x per week)

Step 1: Lie on your back, your knees bent and your feet flat on the floor.

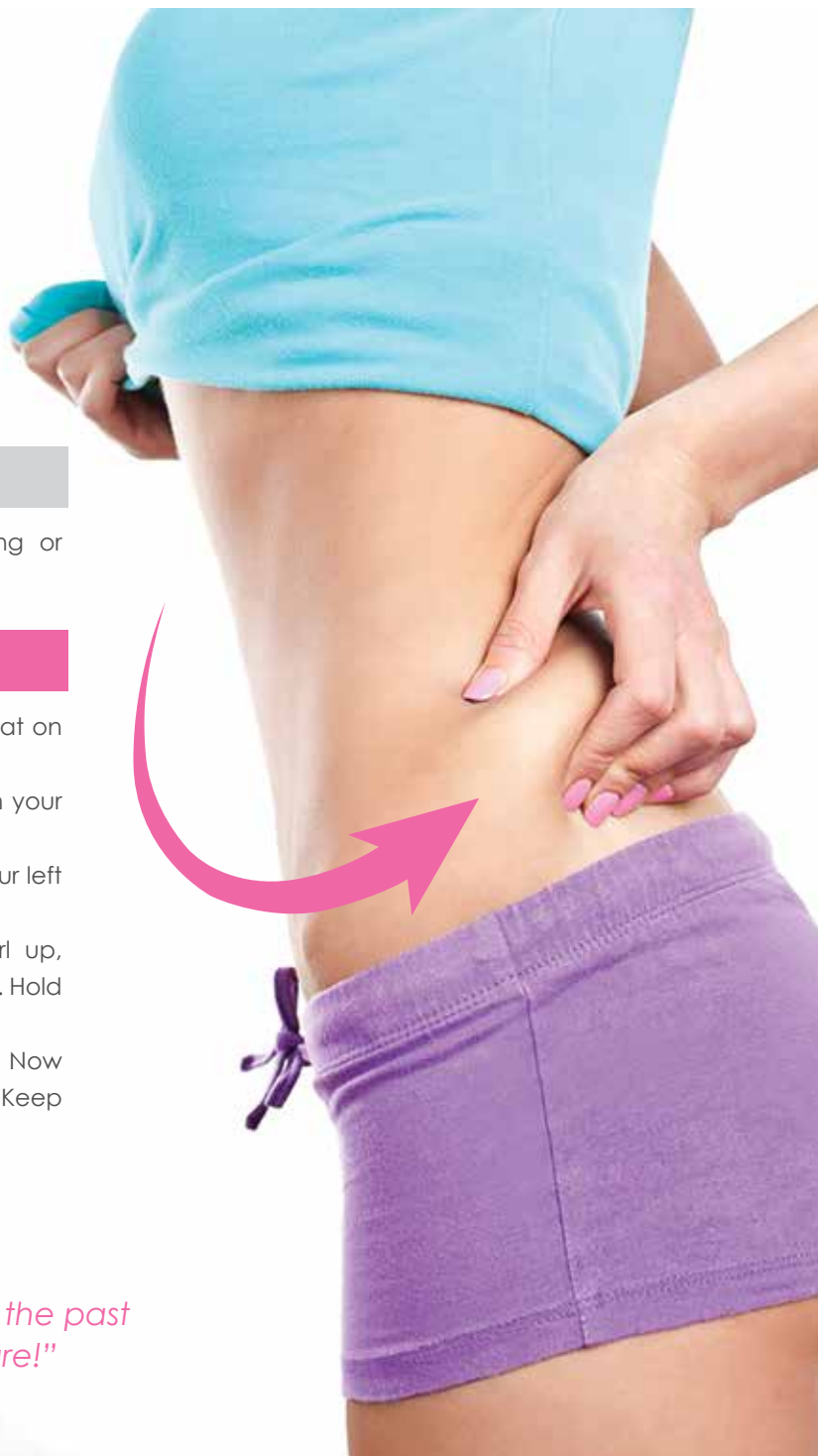
Step 2: Suck your navel in towards your spine and tighten your glutes throughout the exercise.

Step 3: Cross one leg over the other at 90 degrees. Put your left hand against your ear, elbow bent.

Step 4: Suck your navel in towards your spine and curl up, bringing your left elbow up to touch your right knee. Hold for 2 seconds.

Step 5: Lower yourself back down to the starting position. Now start with your right elbow touching your left knee. Keep alternating.

Repeat 3 sets of 15 on each side



"My muffin top is something of the past and low cut jeans my future!"

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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.

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Get slim. Start today!