

QUICK FAT BURN - NO EXCUSES EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. THE **QUICK FAT BURN - NO EXCUSES EXERCISE PLAN** WON'T TAKE TOO MUCH TIME WITH GREAT RESULTS.

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QUICK



MARCHING - 60 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.

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 1 set of 20 reps

PUSH UPS

Step 1: Keep your feet together and hands shoulder-width apart.

Step 2: Keep your back straight and abs tight throughout the exercise.

Step 3: Bend your elbows until your nose touches the floor, and slowly come back up into the starting position.

1 set 8 reps

CURL UPS

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

Step 2: Suck your navel in towards your spine and keep your chin on your chest.

Step 3: Use your abdominal muscles to gently lift your shoulders off the floor, at the same time reach towards your heels with your fingers.

Step 4: Lower yourself back down to the starting position.

1 set 15 reps

KICK OUTS – KICK INS

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

Step 2: Rest your hands on your hips and swing your leg out and in.

1 set 20 reps

HIGH KNEES

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

Step 2: Hold your arms out in front of you and lift your knee up as high as you can and tap your hand.

Step 3: Swop knees.

1 set 20 reps

JUMPING SQUATS

Step 1: Stand up straight, push your hips back and suck your navel in towards your spine.

Step 2: Squat down as low as you can go, keep your knees inline with your toes.

Step 3: Bounce back up on the tips of your toes.

1 set of 15 reps

BRIDGE

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

Step 2: Raise your left leg straight up, squeeze your glutes and suck your navel towards your spine.

Step 3: Raise your hips as high as you can and hold for 15 seconds (building up to 30 seconds). Swop legs.

TRICEPS KICKBACKS

Step 1: Stand up straight, lean forward and bend your knees, keep your back straight and rest your arms in line with your chest.

Step 2: Kick your arms back and squeeze till you feel a gentle pull at the back of your arms, relax and move back into the starting position.

1 set 15 reps

JUMPING JACKS

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.

3 sets 15 reps

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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.