

TONING EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. THE **TONING EXERCISE PLAN** WILL GET YOUR BODY TONED TO PERFECTION.

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

STONE



REVERSE LUNGE WITH ROTATION AND BICEPS CURL

Step 1: Hold dumbbells at your sides and stand with your feet hip-width apart.

Step 2: Step back with your left foot, and bend both knees to lower your body until your right knee is bent at least 90 degrees. At the same time, rotate your upper body toward your right leg and curl the dumbbells to your chest.

Step 3: Reverse the movement by lowering the weights and rotating your chest to face front, then return to standing.

15 reps, both sides

DEADLIFT TO HIGH PULL

Step 1: Hold dumbbells in front of you, palms facing your thighs, and stand with your feet hip-width apart, knees slightly bent.

Step 2: Keeping your back slightly arched and your core engaged, hinge forward at the hips and slowly lower your torso until it's almost parallel to the floor.

Step 3: Pause, then squeeze your glutes and push your hips forward to return to standing, pulling the dumbbells up to your chest by bending your elbows out to the sides and raising your forearms. Return to the starting position.

15 reps

SQUAT WITH LEG ABDUCTION AND LATERAL RAISE

Step 1: Hold a pair of dumbbells at your sides and stand with your feet hip-width apart.

Step 2: Brace your core and lower your body into a squat.

Step 3: As you return to standing, lift your right leg out to the side while raising your arms until they're in line with your shoulders.

Step 4: Repeat with the left leg, and continue alternating.

16 - 20 reps

STABILITY-BALL TRICEP EXTENSIONS

Step 1: Hold a dumbbell in each hand and lie with your upper back resting on a stability ball; raise your hips so your body forms a straight line from knees to shoulders. Extend the dumbbells directly over your head with arms straight and palms facing each other. Push your weight into your heels to keep your hips lifted and glutes engaged throughout the move. This is the starting position.

Step 2: Without moving your upper arms, slowly bend your elbows and lower the dumbbells until your forearms are beyond parallel to the floor. Straighten your elbows to return to start.

15 - 20 reps

PLANK HOLD AND SINGLE ARM ROW

Step 1: Get into push-up position with your hands gripping a pair of dumbbells; your hands should be slightly wider than shoulder-width apart, and your feet slightly wider than hip-width apart.

Step 2: Keeping your hips parallel to the floor (you'll need to engage your core and glutes the entire time), bend your right elbow to pull the weight up toward the side of your body.

Step 3: Pause, then slowly return the weight to the floor and repeat with the left arm.

15 reps

HAMSTRING CURL WITH CHEST PRESS

Step 1: Hold a dumbbell in each hand and lie faceup on the floor with your calves on a stability ball. Straighten your arms and hold the dumbbells above your chest, palms facing your knees, and raise your hips to form a straight line from shoulders to feet.

Step 2: Bend your knees to roll the ball toward your butt, while lowering the dumbbells to your chest. Reverse the movement to return to start.

15 reps

more
EXERCISES



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V-SIT INCLINE PRESS

Step 1: Sit with your knees bent and feet flat on the floor. Hold a pair of dumbbells in front of your shoulders. Lean back so your torso is at a 45-degree angle, then lift your lower legs until they're parallel to the floor, keeping your knees bent.

Step 2: Engage your core and press the dumbbells up and away from your body until your arms are straight. Return to start.

15 - 20 reps

SIDE PLANK WITH REAR FLY

Step 1: Grab a dumbbell with your right hand and lie on your left side, then prop yourself up on your left forearm and raise your hips so your body forms a straight line. Extend the weight in front of you at shoulder level.

Step 2: Slowly raise the weight toward the ceiling, keeping your arm straight and pulling your shoulder blades together. Return to start.

12 - 15 reps, both sides



"My whole life has changed the moment I decided to start living a healthier and more active lifestyle. Shopping for clothing has now become one of my favourite time passes where I used cringe at the mere thought of it. Start exercising today. Your life will never be the same again!"

www.herbexhealth.com • enquiries@herbexhealth.com



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+27 83 425 1868

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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.