



FULL BODY EXERCISE PLAN





PUSH-UP WITH SIDE PLANK

- Start in the push-up position, feet together and hands shoulder-width apart.
- Keep your back straight and abs tight throughout the exercise.
- Bend your elbows until your nose touches the floor, and slowly come back up into the starting position.
- Shift your bodyweight on to your right side and turn to the side, while lifting your left arm up into a side plank.
- Keep your feet stacked to make the exercise more difficult and staggered to make the exercise easier.

REPEAT 3 SETS OF 12 REPS

Cardio: 30 Seconds of skipping/stepping or jogging on the spot /boxing.

PRISONER SQUATS

- Standing with feet hip-width apart, place your hands behind your head, push hips back (keeping your abs tight throughout the exercise).
- Bend your knees and lower yourself into a seated position, knees should be at a 90 degree angle. Hold for 3 counts.
- Slowly come back up into your starting position and tense your legs.

REPEAT 3 SETS OF 12 REPS

Cardio: 30 Seconds of skipping/stepping or jogging on the spot /boxin

REVERSE CRUNCHES

- Lie flat on your back, knees at a 90 degree angle, cross your feet one over the other.
- Take a deep breath in while lifting your legs towards your chest.
- At the same lift your hips off the ground by using your lower ab muscles.
- Breathe out as you lower your legs back down to just above the floor, keeping knees bent.

REPEAT 3 SETS OF 20 REPS

Cardio: 30 Seconds of skipping/stepping or jogging on the spot /boxing

SINGLE ARM DUMBBELL ROW

- Start the exercise on all fours, with a dumbbell in your right hand.
- Arms should be shoulder-width apart, and your feet wider than hip-width apart.
- Suck your feet wider than hip-width apart. Suck your navel in towards your spine and tighten your glutes throughout the exercise.
- Bend your right arm to pull the weight upwards in a rowing motion as close to your side as possible.
- Lower your arm back into the starting position.

REPEAT 3 SETS OF 14 ON EACH ARM.

Cardio: 30 Seconds of skipping/stepping or jogging on the spot /boxing

SHOULDER PRESS, CALF RAISES WITH OBLIQUE TWISTS

- Standing position (abs tight), feet hip-width apart, holding one dumbbell in each hand (palms facing forward), rest each weight on top of your shoulders come up onto your toes and push weights over your head (arms straight).
- Before you come back down on your feet, bring weights back to shoulder position and twist your upper body to the right, back to centre and to the left, then place your heels flat on the floor. (That's 1 Rep)

REPEAT 3 SETS OF 12 REPS

Cardio: 30 Seconds of skipping/stepping or jogging on the spot /boxing



* We ALWAYS recommend talking to your doctor before you start any new exercise routine.

To achieve and maintain your goal weight you must adjust your lifestyle. Kilojoule-controlled diet and healthy exercise programme are essential.

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