



***FULL BODY
EXERCISE PLAN*** 



WARM UP: 30 SECONDS OF SKIPPING / STEPPING OR JOGGING ON THE SPOT.

LADIES PUSH UP

- Lie down on your stomach, put your hands shoulder-width apart (palms flat down).
- Cross one foot over the other and lift them off the ground keeping your knees against the floor.
- Keep your abs tight and back straight throughout the exercise.
- Take a deep breath in and push yourself up using your arms, breathe out as you contract your abs and glutes.
- Slowly lower yourself back down till our chest almost touches the floor.

REPEAT 3 SETS OF 15 REPS

SINGLE ARM DUMBBELL ROWS

- Start the exercise in a push-up position. Move 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, keeping your elbow as close to your side as possible.
- Lower your arm back into the starting position.

REPEAT 3 SETS OF 15 ON EACH ARM

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

GLUTE RAISE AND AB CRUNCH

- Start the exercise on all fours on your knees.
- Keep your abs tight and your back straight throughout the exercise.
- Bring your knee in towards your chest, at the same time contract your abs and crunch.
- Then kick the same leg back at a 90 degree angle (keeping your leg bent).

REPEAT 3 SETS OF 15 – 20 ON EACH LEG

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

SINGLE LEG HIP EXTENSION

- Lie on your back with knees bent and feet flat.
- Raise your right leg straight up.
- Suck your navel towards your sine, squeeze your glutes and raise your hips as high as you can and hold.
- Be careful not to drop your hips.

REPEAT 3 SETS OF 30 SECONDS ON EACH LEG

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



* 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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KNEE CROSSOVERS

- Start the exercise on all fours.
- Hands shoulder-width apart with your knees bent and feet together.
- Keep your back straight and abs tight.
- Lift your right leg, keeping your knee bent and toes pointed.
- Cross your leg behind your left knee then bring it back to the starting position.

REPEAT 3 SETS OF 15 - 20 ON EACH LEG

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

REVERSE LUNGE AND TRICEP KICKBACKS

- Start in a standing position, with a dumbbell in each hand, palms facing inwards.
- Take on big step forward with your right leg, then lower your back knee and lean forward so that your knee is at a 90 degree angle. Be careful that your knee does not extend past your foot.
- Keep your abs tight and back straight while pushing your weight into the centre.
- Stay in this position, keeping your dumbbells in line with your waist and close to your sides.
- Push your arms back, keeping them straight, as you straighten your legs slightly.
- Bring your arms to the front (to 90 degrees) as you bend down and slightly forward on your knees.

REPEAT 3 SETS OF 15 ON EACH LEG

Cardio: 30 Seconds of Skipping / Stepping or Jogging on the spot.

SUMO SQUATS WITH BICEP CURLS

- Stand with your legs wider than hip-width apart, holding one dumbbell in each hand. Palms facing upwards.
- Push your hips back and keep your abs tight throughout the exercise.
- Squat down and hold for 3 seconds.
- 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 3 SETS OF 15 REPS

Cardio: 30 Seconds of Skipping / Stepping or Jogging on the spot.

SHOULDER AND CALF RAISES WITH OBLIQUE TWISTS

- Start in a standing position (abs tight, feet hip-width apart), hold one dumbbell in each hand, resting each weight on top of your shoulders, palms facing forward.
- Come up onto your toes and push the weight over your head (arms straight).
- As you lower yourself to stand on flat feet, bring the weight back to shoulder position and twist your upper body to the left.
- Then back to centre and twist to the right. That's 1 rep.

REPEAT 3 SETS OF 12 REPS

Cardio: 30 Seconds of Skipping / Stepping or Jogging on the spot.



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