

STRONG & TONED TUMMY EXERCISE PLAN

ACCELERATE YOUR WEIGHT LOSS BY BECOMING MORE ACTIVE. THE **STRONG & TONED TUMMY EXERCISE PLAN** WILL GET YOUR CORE STRONG AND SLIM IN NO TIME.

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by **CARLA SMITH**
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TUMMY



PELVIC TILTS

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

Step 2: Take a deep breath in and tighten your abs and glutes. Breathe out as you tilt your pelvis upwards (towards your head) and hold for 10 seconds.

Step 3: Gently tilt your pelvis back.

1-3 sets of 10 reps, provided the exercise is pain free

CURL UPS

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

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. Hold the position for 5-10 seconds.

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

1-3 sets of 10 reps, provided the exercise is pain free



CAT STRETCH

Step 1: Start the exercise on all 4's.

Step 2: Slowly raise your head and hips, relax your tummy and back. Hold the position for 5-10 seconds.

Step 3: Slowly lower your head between your arms while arching your back like a stretching cat and suck your tummy in tight and hold for 5-10 seconds while breathing normally.

1-3 sets of 10 reps, provided the exercise is pain free

PLANK

Step 1: Start in a push-up position on your knees, bend your elbows and lower yourself down until you can shift your weight from your hands to your forearms.

Step 2: Your body should form a straight line. Suck your navel in towards your spine and hold for 60 seconds. If you can't make it to 60 seconds, hold for 5 to 10 seconds and rest for 5 seconds, continuing for 1 minute. Focus on form: Don't drop your hips or raise your bottom.

1-3 sets of 10 reps, provided the exercise is pain free

NOTES:

- Stop immediately should you experience any sharp pains in your lower back.
- Cardio is very important!
- Try stepping, fast walking or cycling for at least 30-45 minutes 5x week.

"I never thought having a bikini body would be in my reach - it was - and well worth the effort!"

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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!