

## You, You, You...

### EXERCISE MADE EASY

If you are serious about losing weight you need to exercise regularly. In conjunction with a healthy eating plan, there is no better way to lose weight, improve muscle tone, reduce stress and keep your weight off.




For efficient fat burning you should exercise at a rate where you work up a light sweat but are still able to breathe easily enough to hold a conversation.




### Your body - sexy, simple and sorted!




This programme has been designed by a fitness instructor to help you to learn basic, easy to understand exercises. You should do these exercises at least 3 times a week.

### ADDED FAT BURNING!

For added fat burning and muscle tone, it is recommended that you do 30 minutes of cardiovascular exercise on the days that you are not doing the exercise programme below. This includes brisk walking, jogging, riding a bicycle, or swimming.

DAY 1		
① Start with a brisk walk - 15 minutes		
 <p>② High knee pumps (Opposite knee to elbow) 15 reps on left leg 15 reps on right leg Repeat 3 times</p>	 <p>③ Bicep curls using dumbbells 3 x 15 reps</p>	 <p>④ Horizontal crunches (Opposite knee to elbow) 15 reps to left leg 15 reps to right leg Repeat 3 times</p>

DAY 2		
① Walk 4 minutes, run 1 minute - Repeat for 15 minutes		
 <p>② Downward lunges (Once on right foot then once on left foot=1rep. Weight evenly distributed. Keep your foot at right angles to your knee) 3 x 15 reps</p>	 <p>③ Frontal shoulder raises using dumbbells 3 x 15 reps</p>	 <p>④ Sit ups 3 x 15 reps</p>

DAY 3		
① Jog or cycle - For 15 minutes		
 <p>② Standing Squats (Start off standing upright with legs just wider than shoulders, lower body into a squat and return to upright position.) You can add dumbbells in each hand. 3 x 15 reps</p>	 <p>③ Tricep kickback using dumbbells 3 x 15 reps</p>	 <p>④ Isolated crunches 3 x 15 reps</p>

You'll need 2 x 4 kg dumbbells