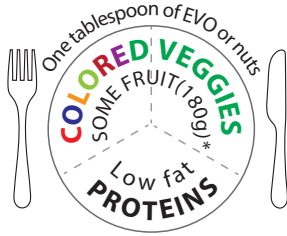
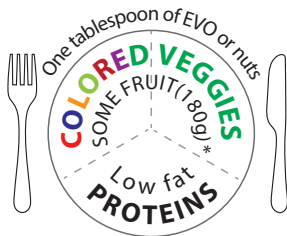


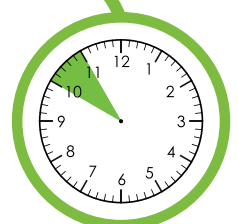
WORKOUT
10 min

SUPPLEMENTATION



* or a little slice of wholemeal bread (40g)
or some whole grains (40g)

**ADD HALF BAR IF HUNGRY
BETWEEN MEALS**



Nutrilite is the world's #1 selling vitamin and dietary supplement brand**, combining science and nature for 90 years.

** SOURCE: GlobalData | <http://gdretail.net/amway-claims/>

Vitamin B6 contributes to normal energy-yielding metabolism. Vitamin B12 and magnesium contributes to normal psychological function and normal functioning of the nervous system. Pantothenic acid contributes to normal mental performance. Magnesium contributes to a reduction of tiredness and fatigue. A varied and balanced diet and a healthy lifestyle are of general importance.

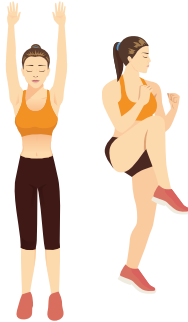
Warm-up

15 SECONDS EACH

x3



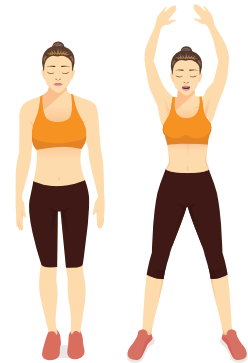
WALK IN PLACE



HIGH KNEE TWIST



BUTT KICKS

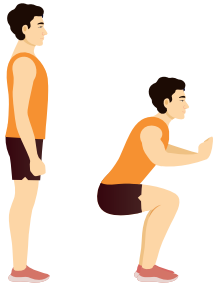


JUMPING JACK

Resistance

20 SECONDS EACH

x2



SQUAT



PUSH-UP



SUPERMAN



CRUNCH



GLUTE BRIDGE



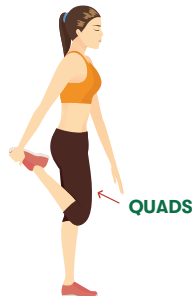
MOUNTAIN CLIMBER

Stretching

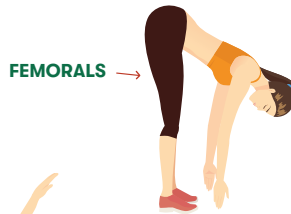
15 SECONDS EACH



CALVES



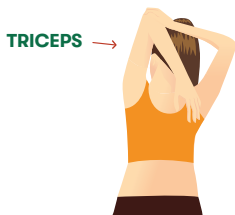
QUADS



FEMORALS



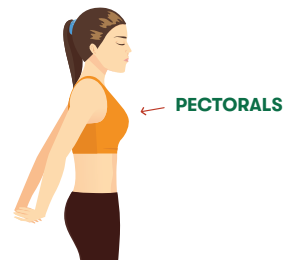
GROIN



TRICEPS



OBLIQUE



PECTORALS

