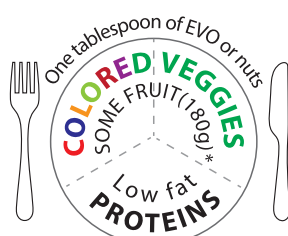
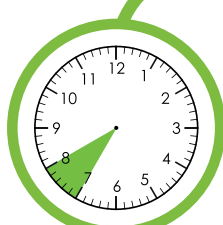
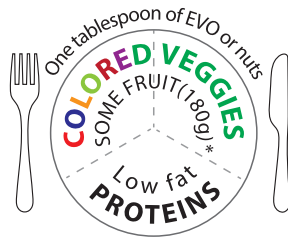
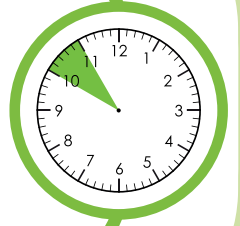


**WORKOUT** 10 min

**SUPPLEMENTATION**



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

**ADD HALF BAR IF HUNGRY  
BETWEEN MEALS**



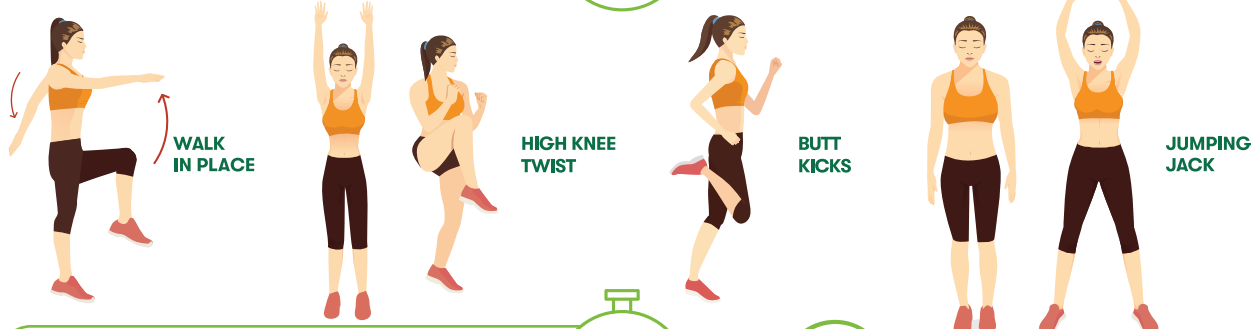
Nutrilite is the world's #1 selling vitamin and dietary supplement brand\*\*, combining science and nature for 90 years.

\*\* 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**



**Resistance**

**20**  
SECONDS  
EACH **x2**



**Stretching**

**15**  
SECONDS  
EACH

