

WORKOUT 10 min

SUPPLEMENTATION



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

**ADD HALF BAR IF HUNGRY
BETWEEN MEALS**



NutraLITE 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



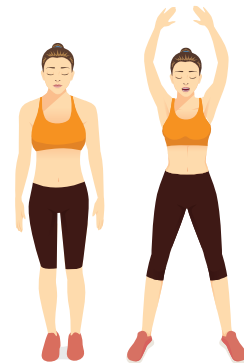
HIGH KNEE
TWIST



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

