

# Slimz

TARGETED WEIGHT CONTROL



5 Day exercise plan  
INTERMEDIATE



## 5 Day exercise plan

You don't need to belong to a gym to exercise, however exercise is vital to increase your metabolism and burn excess fat. Contrary to popular belief, it's imperative to do some strength training to build lean muscle and tone your body.

Remember to plan your exercise sessions beforehand, ensuring you have all the gear and tools needed to do the day's exercises. If you don't have weights – improvise. Substituting weights with water filled bottles works just as well. If you plan well, you will have fewer excuses to skip a day. It's also important to try and have a specific training time and place to assist you in developing a healthy habit. Don't forget to drink enough water, and if you missed a day's training, try to make up for it when you've got time.

We tried to cater for every level of fitness and conditioning, however you should always listen to your own body when training. If you have any health issues of any kind, it's always better to talk to your physician before starting a new exercise regime. If you are a complete newbie to exercise, we suggest you start with the beginners exercise programme. Remember to keep challenging and pushing yourself, and you will soon find you need to do more before fatigue sets in. This is usually a good indication that you can jump to the next phase of exercises (intermediate or advanced).

Remember, you are creating a brand new you – stay motivated and your future self will thank you for it!



This programme has been exclusively designed for the Slimz lifestyle programme by conditioning specialist Manie Lemmer. If you have any questions regarding your exercise or eating plan, contact [info@xshealth.co.za](mailto:info@xshealth.co.za), or visit the Slimz facebook page, and one of our experts will assist you.



# INTERMEDIATE

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- \* Train for 5 days of the week, taking rest days only over the weekend.
- \* Every day is followed by a 20 minute cardio session of any sort.
- \* Warm up before each session, in accordance to the body part trained for the day  
- 10 minutes minimum.

## Day 1:

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# Legs

- 1** Walking Lunges  
3 Sets, 10 Reps per leg



- 2** Weighted Bench Step-up  
3 Sets, 12 reps per leg



- 3** Free Squat  
3 Sets, 15 reps



**4** Sumo Squats  
3 Sets, 12 Reps



**5** Stiff legged Dead Lift  
3 Sets, 10 Reps



**6** One leg Pelvic Lifts  
3 Sets, 12 Reps per leg



**7** Outer Calve Raise  
3 Sets, 12 Reps



**8** Inner Calve Raise  
3 Sets, 12 Reps



**9** 20 Minutes of any cardiovascular exercise  
(walking, jogging, cycling, stationary bike, rowing, etc.)

# Abs

**1** Crunches  
3 Sets, 15 Reps



**2** V-Sit Seconds  
3 Sets, 30 seconds



**3** Air Cycle Reps  
3 Sets, 15 Reps



**4** Scissors  
3 Sets, 15 Reps



**5** Bridging Plank  
3 Sets, 45 Seconds



**6** 20 Minutes of any cardiovascular exercise  
(walking, jogging, cycling, stationary bike, rowing, etc.)



Day 3:

# Chest, Arms, Shoulders & Back

**1** Ladies Push Up  
3 Sets, 10 Reps



**2** Seated Arnold Press  
3 Sets, 10 Reps



**3** Lateral Hold  
3 Sets, 15 Reps



**4** One Arm Dumbbell Row  
3 Sets, 15 Reps per arm



**5** Reverse Bent-Over Dumbbell Rows  
3 Sets, 10 Reps



**6** Standing Hammer Curls  
3 Sets, 12 Reps



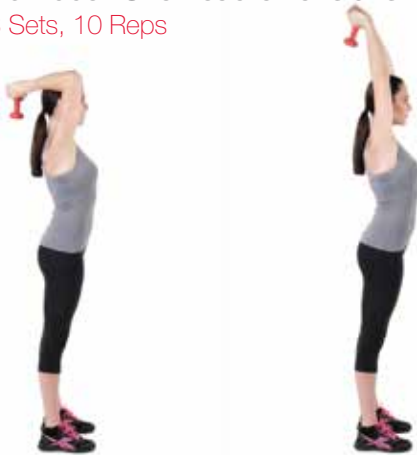
**7** Concentration Curls  
3 Sets, 15 Reps per arm



**8** Ladies Diamond Push up  
3 Sets, 8 Reps



**9** Dumbbell Overhead extensions  
3 Sets, 10 Reps



**10** 20 Minutes of any cardiovascular exercise  
(walking, jogging, cycling, stationary bike, rowing, etc.)

Day 4:

## Abs

**1** Crunches  
3 Sets, 15 Reps



**2** V-Sit Seconds  
3 Sets, 30 seconds



**3** Air Cycle Reps  
3 Sets, 15 Reps



**4** Scissors  
3 Sets, 15 Reps



**5** Bridging Plank  
3 Sets, 45 Seconds



**6** 20 Minutes of any cardiovascular exercise  
(walking, jogging, cycling, stationary bike, rowing, etc.)

Day 5:

# Legs

**1** Walking Lunges  
3 Sets, 10 Reps per leg





**2** Weighted Bench Step-up  
3 Sets, 12 reps per leg



**3** Free Squat  
3 Sets, 15 reps



**4** Sumo Squats  
3 Sets, 12 Reps



**5** Stiff legged Dead Lift  
3 Sets, 10 Reps



**6** One leg Pelvic Lifts  
3 Sets, 12 Reps per leg



**7** Outer Calve Raise  
3 Sets, 12 Reps



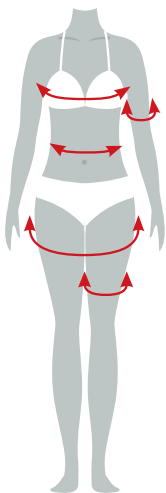
**8** Inner Calve Raise  
3 Sets, 12 Reps



**9** 20 Minutes of any cardiovascular exercise  
(walking, jogging, cycling, stationary bike, rowing, etc.)

Start measuring

## Your Progress



Progress	Week 1	Week 2	Week 3	Week 4	Week 5
Weight (kg)					
Waist (cm)					
Hips (cm)					
Bust (cm)					
Buttocks (cm)					
Leg (cm)					
Arm (cm)					

“Your body can do anything  
It’s your brain you have to  
convince”

*-Devi Rajah*





# The Slimz way to effective weight management

Congratulations on taking the first steps to a great new you!

The slimz way is a new lifestyle approach that focuses on the right products combined with the right combination of nutrition and exercise to enhance and maintain your weight loss. The SLIMZ way is an holistic **5-point WEIGHT MANAGEMENT PROGRAMME** designed by Dieticians and Physicians to target high percentage fat areas for effective weight control and centimetre reduction.

There is no “one size fits all” solution to permanent healthy weight loss – with the Slimz way you will be assisted in getting to know your own body and adapt your habits into a healthy lifestyle. **WEIGHT MANAGEMENT** is the simple equation of making sure that your energy intake does not exceed your body’s actual energy usage:

$$\text{KJ USED} > \text{KJ INGESTED} = \text{WEIGHT REDUCTION}$$

This is where the Slimz range of products will enhance your weight loss.

## 5 POINT Weight Management PROGRAMME



Target the 5 gravity areas



5 Week kilojoule-controlled eating plan



5 Day exercise plan



5 Habits for effective weight loss



5 Secrets to keeping the weight off

Register to the Slimz way and get:  
Inspiration, Goal setting templates, eating plans, exercise plans, interesting information and motivation!

Log on to [www.slimz.co.za](http://www.slimz.co.za)









The Innovation Hub, Office BA1, BioPark Building,  
C/O The Innovation Hub Drive and Allen Cormack Drive  
Tel: 086 722 7692  
E-mail: [info@xshealth.co.za](mailto:info@xshealth.co.za)  
[www.slimz.co.za](http://www.slimz.co.za)