

Sculpt a sexy lower body physique with this low impact workout



HIP AND THIGH SHAPER

Audrey trains 5 times a week and loves leading a healthy lifestyle.



One of the most talked about problem areas are the hips and thighs. Coach Gav has developed a workout that you are able to incorporate into your normal routine to sculpt and tone this problem area.

The main aim and goal for most woman in terms of these muscles would be fat loss, size reduction and reducing cellulite. The exercises prescribed in this program have high amounts of repetitions that contribute to effectively burning fat and toning.

This workout is recommended to be to be an additional leg workout, that focuses on hamstring and quad muscle groups to assist in getting those perfect hips and thighs.

The advantages of these exercises is that they assist in developing the muscles needed for

sports where running and directional changes are needed. While looking great, strong legs also lead to a strong base.



Available at Game and Makro stores countrywide



Visit www.trojanhealth.co.za or facebook.com/trojanhealth for more information.

New from TROJAN

TROJAN CORE PERFORMER

DYNAMIC RESISTANCE WORKOUT THAT TONES, STRENGTHENS AND STRETCHES THE ENTIRE BODY.

- Builds core strength and agility
- Comfort cushion grips
- Light-weight and portable
- Includes exercise guide



CHECK OUT TROJAN'S NEW YOGA & PILATES RANGE IN-STORE NOW!

DISCLAIMER:

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
2. Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
3. Use exercise in conjunction with a healthy eating plan.
4. Only use the product for its intended purpose to prevent injury.

HIP & THIGH SHAPER workout

FOR THE LADIES!



1 DELUXE PILATES MAT
THICK PADDING PROVIDES SUPPORT & COMFORT

2 PILATES CORE PERFORMER
ZERO IMPACT RESISTANCE TRAINING

3 ELIPTICYCLE 210
LOW IMPACT FULL BODY WORKOUT & IMPROVES CARDIOVASCULAR SYSTEM

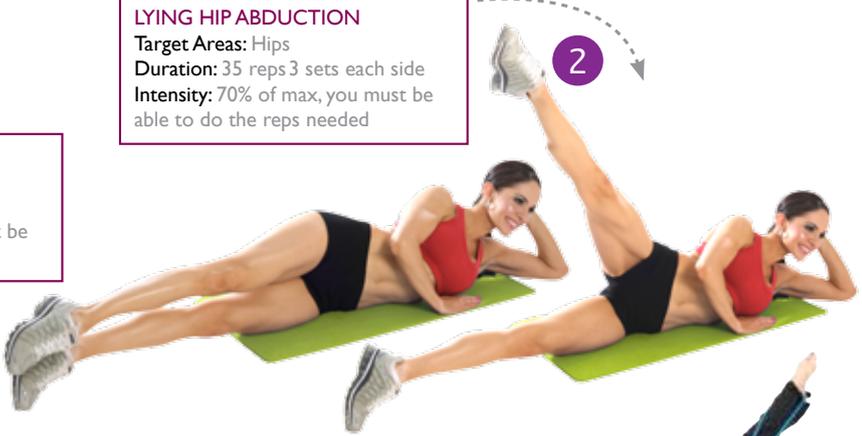
All products available at Game and Makro stores countrywide



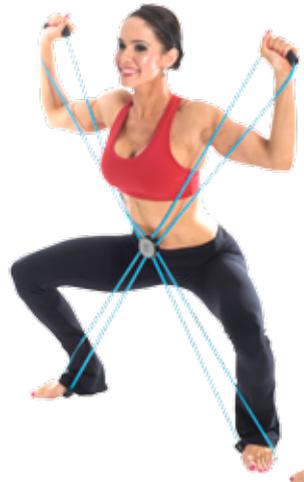
1 STANDING CYCLING
Target Areas: Legs, Cardio
Duration: 10 minutes
Intensity: High
Really get your heart rate up

3 CORE PERFORMER SQUAT
Target Areas: Legs
Duration: 30 reps 3 sets each
Intensity: 70% of max, you must be able to do the reps needed

2 LYING HIP ABDUCTION
Target Areas: Hips
Duration: 35 reps 3 sets each side
Intensity: 70% of max, you must be able to do the reps needed



4 CORE PERFORMER KICK BACKS
Target Areas: Hamstring, Glutes
Duration: 35 reps 3 sets each side
Intensity: 70% of max, you must be able to do the reps needed



5 CORE PERFORMER LEG SCISSORS
Target Areas: Hip Flexors
Duration: 35 reps 3 sets each side
Intensity: 70% of max, you must be able to do the reps needed

EXERCISE AND TRAINING TERMS:

- **DURATION:** In a gym program this will refer to the workout time of the entire program
- **INTENSITY:** This refers to the amount of weight used, and the amount of rest given between each set of a exercise
- **TYPE:** Refers to the type of training, ie strength, resistance, cardio etc.
- **REPS/REPETITIONS:** A single cycle of lifting and lowering a weight
- **SETS:** A number of reps performed together, ended with a rest period is referred to as a set
- **TEMPO:** Is the rate and speed at which a rep is executed, it has 3 stages, the push/pull, the pause and the return motion
- **% OF MAX.:** Is determined as % of 1 repetition of max weight a person can push for any given exercise e.g. If you were to press 100 kg for only one rep as your max, your training weight for 45% for max of 10 reps. Would be 45 kg pushed 10 times