

TruHealthTM
by MANNATECH

FITNESS

GUIDE



MANNATECH

Fitness Guide

These exercises are perfect for anyone on-the-go, and can be modified for your specific activity level.



ACTIVITY LEVELS

You know you the best! Decide which level works best for you and start from there.

LEVEL 1 = Beginner

LEVEL 2 = Intermediate

LEVEL 3 = Advanced

*Please note: If you are just starting to add activity to your lifestyle, begin with 10 reps of each exercise and gradually build up over time until you feel strong enough to complete the timed sets.

If you feel that these activities aren't advanced enough, visit **TruHealthFitness.com** for higher-intensity exercises that will help you burn fat faster!

Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. If you have any specific questions you should consult your doctor or other healthcare provider. Any exercise program may have the possibility of injury. By voluntarily undertaking any exercise in this Fitness Guide, you assume the risk of any resulting injury and agree that Mannatech is not liable for any injuries or health risks as a result of the use or misuse of this Fitness Guide.

Arm and Leg Balance

2 sets of 10 reps

Starting Position: On hands and knees with back parallel to the ground.

Movement: Contract your abs by pulling your pelvis towards your belly button. Inhale and extend your right arm out in front of your shoulder while extending your left leg straight back. Exhale and hold for 5 seconds. Release and return to starting position. Switch arms and legs and repeat. That's one rep. Repeat 9 more times for one set.



Cat Cow

2 sets of 10 reps

Starting Position: On hands and knees with back parallel to the ground.

Movement: Inhale. In one motion, exhale slowly and arch your back up to the sky, rounding it when you get to the top. Continue to exhale and slowly pull your hips towards your heels and complete the exhale. Then, inhale slowly and slightly rock your upper body, with back slightly arched inwards, forwards, landing on your forearms. Once you reach the end of your inhale, exhale and round your back to the sky, slightly drawing your hips towards your heels and ending in the starting position. That's one rep. Repeat 9 more times.



Double-Time Back Rows



LEVEL 1 = 30, 45 and 60 second sets

LEVEL 2 = 35, 45, 60, 45 and 30 second sets

LEVEL 3 = 35, 45, 60, 60, 45 and 30 second sets

Starting Position: Bend slightly forward. Keep back flat, abs crunched and glutes engaged to support lower back.

Movement: Extend arms down in front of you. Pull them back, bending at the elbows like you're rowing a boat. Keep elbows out away from the body. With correct form, move through activity as quickly as possible in the set time. To get the double-time effect, push the arms into the extended position so the muscles retract.

Optional: Add dumbbells or increase speed for higher intensity.

Take a minimal rest between exercises—roughly 15 seconds. Rest 1 minute between each set.

Bend Over Walkout

LEVEL 1 = 10 reps

LEVEL 2 = 20 reps

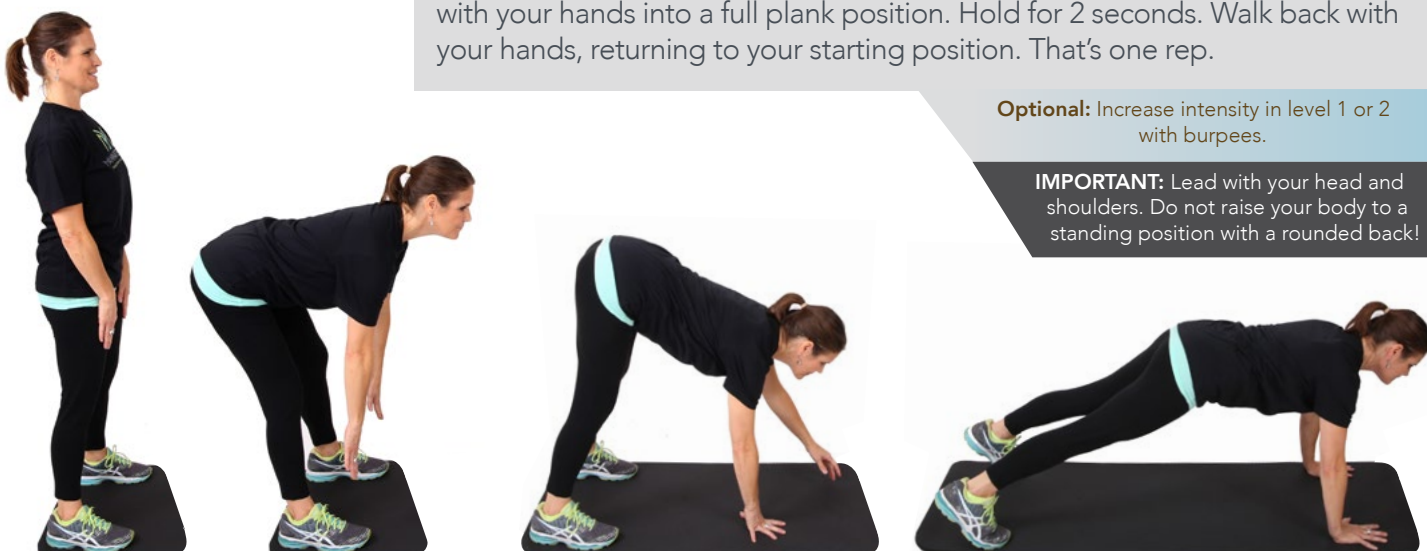
LEVEL 3 = 30 reps

Starting Position: Standing with feet shoulder width apart.

Movement: Keeping your abs engaged, bend forward and place your hands on the floor in front of you. Keep your knees as straight as possible and walk with your hands into a full plank position. Hold for 2 seconds. Walk back with your hands, returning to your starting position. That's one rep.

Optional: Increase intensity in level 1 or 2 with burpees.

IMPORTANT: Lead with your head and shoulders. Do not raise your body to a standing position with a rounded back!



Prisoner Squats



Optional: Increase intensity by adding a jump at the end.

LEVEL 1 = 10 reps
normal squat

LEVEL 2 = 10-15
reps lower squat

LEVEL 3 = 10-15 reps with dumbbells added

Starting Position: Standing with feet shoulder width apart.

Movement: Put hands behind your head (unless level 3). Keeping your shoulders back, lower your body until your hips are the same height as your knees. Slowly return to starting position. That's one rep.



Wide-Grip Knee Pushups



LEVEL 1 = 10 reps

LEVEL 2 = 15 reps regular pushup

LEVEL 3 = 15 reps wide stance pushup

Starting Position: On hands and knees, legs bent at 90° angle with feet sticking out behind you.

Movement: With hands spaced wide apart, keep your shoulders over your wrists and slowly lower your body to the ground. Push back up to the starting position. That's one rep.



Hand to Foot Ab Workout

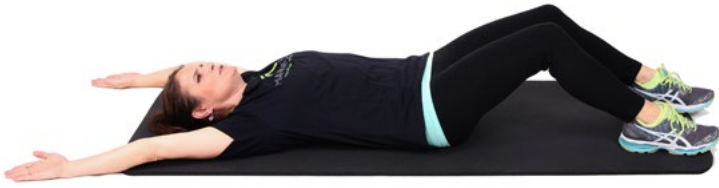
LEVEL 1 = Slow 20 second set

LEVEL 2 = Fast 40 second set

Starting Position: On back with arms and legs flat.

Movement: Raise your left arm to your right leg as you raise it to the ceiling. Return to starting position. Switch sides and repeat. That's one rep. For level 2, stay in constant motion without stopping.

Tip: Keep your heel pressed to the floor while the other leg extends.



GUT BUSTERS

The following exercises are completely optional. They are designed to target specific areas of the body to give you more control over areas you want to focus on.

Modified Bicycle Abs

Perform 10-15 reps of each exercise for 3-5 minutes.



Starting Position: Flat on back, hands behind your head.

Movement: Focus on keeping the abs drawn in tight. Gently cradle your head in your hands. Keeping abs tight and back pressed down, cross your right elbow to your left knee, then lower the heel towards the mat. Repeat movement on the other side. Keep the knees bent during this exercise. For level 2, stay in constant motion without stopping.

Tip: Keep your heel pressed to the floor while the other leg extends.

V-Snap



Starting Position: Flat on back, legs extended straight up.

Movement: Keeping your abs clenched, snap your legs open to a "V," then snap them back together.



Low Ab Lift



Starting Position: Flat on back, arms by your side, palms down, knees bent.

Movement: Engage your lower abs until your back gently flattens. Use abs to lift your feet off the mat and pull your knees towards your chest. Gently lower back to starting position.



Hip Rolls

Starting Position: Flat on back, arms spread out, palms down, knees bent.

Movement: Bring knees up at a 90° angle. Keeping that form, slowly rotate the lower body and drop the knees just 1" from the floor. Slowly bring the legs back up to the starting position. Alternate sides.



BUN BUSTERS

Donkey Kick

Starting Position: On hands and knees.

Movement: Kick your left leg straight back, squeezing the glutes and turning toes up to emphasize them. Bring back to starting position. Repeat 15 times. Switch legs and do 15 reps.



Knee to Calf Press

Starting Position: On forearms and knees.

Movement: Bend the left knee and lay it on top of the right calf. Flex the foot towards your body and move entire leg towards the ceiling, keeping the knee bent at a 90° angle. Bring back to starting position. Repeat 15 times. Switch legs and do 15 reps.



Ceiling Press



Starting Position: On forearms and knees.

Movement: Bend your left knee and hold it at hip height. Move the leg and foot in an upward movement like you are trying to raise the ceiling. Bring back slowly to hip height. Do 15 reps and switch legs.

Tip: This should be a small movement that's done with slow, controlled presses.



Extended V



Starting Position: On forearms and knees.

Movement: Extend your left leg straight back and rest your pointed toe on the floor. Trace a large imaginary "V" from one side of your right foot to the other. Repeat for 15 reps and then switch legs.



Supine Hamstring Stretch with Strap



Starting Position: Flat on back.

Movement: With right leg bent and foot flat on the floor, wrap the stretching strap around the left foot and extend it straight to the sky. Breathe deeply and evenly and hold for 30 seconds to 1 minute.

Supine Hip Stretch with Strap



Starting Position: Flat on back.

Movement: Lay the right leg from the previous stretch flat to the ground. With the strap still around the left foot, bring the leg across your body until you feel a stretch through the hip. Breathe deeply and evenly and hold for 30 seconds to 1 minute.

Supine Inner Thigh Stretch with Strap



Starting Position: Flat on back.

Movement: Bring the left leg from the previous stretch back to center. Pull your right knee towards your torso and hold there with your right hand. With the strap still around the left foot, open your hips and pull the left foot towards the mat until you feel a stretch. Breathe deeply and evenly and hold for 30 seconds to 1 minute.

Switch legs and repeat three previous stretches.

Scorpion Sting Stretch



Starting Position: Face down, flat on stomach, arms outstretched to the sides.

Movement: Bend your left knee to a 90° angle. Pushing slightly with your left hand, bring your left foot up and over to the outside of the right leg. Tap your left toe to the floor. You should feel the stretch in two regions: Right side chest/shoulder and the front of the left hip. Breathe deeply and evenly and hold for 30 seconds to 1 minute. Repeat with other leg.

Lunge Stretch to Hip Extensor Stretch



Starting Position: Lunge position. Left leg on the floor and right leg bent at a 90° angle with foot flat on ground.

Movement: Press your body forward slightly until you can feel a stretch through the front of the left hip. Hold for 30 seconds to 1 minute. Then, place hands on either side of the right foot and slowly push your body up and back until both legs are straight, keeping hands on the ground. Breathe deeply and evenly and hold for 30 seconds to 1 minute. Repeat with other leg.

Tip: Do NOT lock your knees when legs are straight.



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