



LifeBotanica



21 Day Diet Exercise Support

For Life Extension..

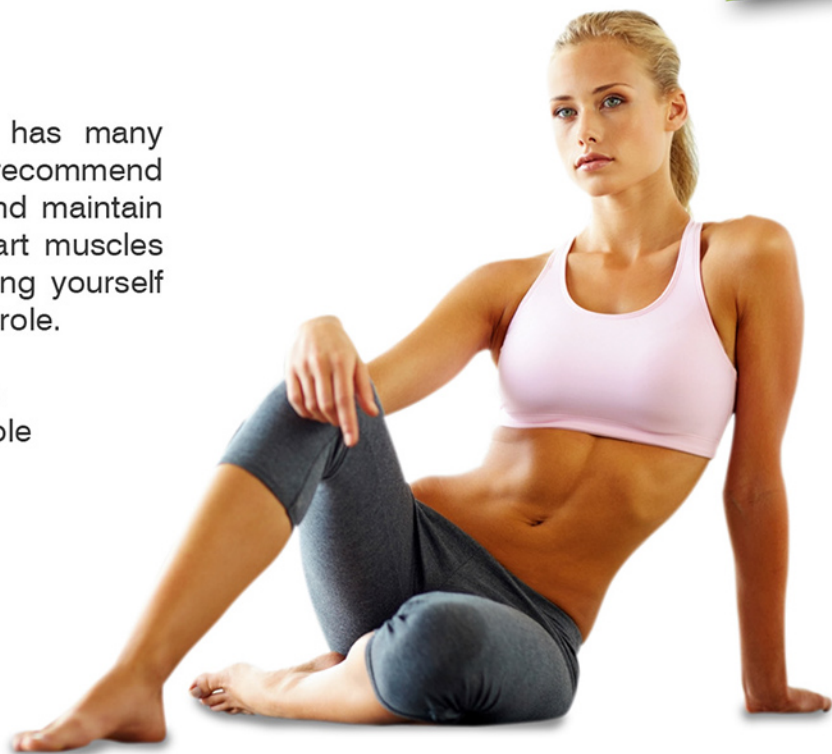


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Introduction

It's common knowledge that exercise has many benefits for the body. Doctors always recommend regular exercise as a way to improve and maintain health. Whether you're making your heart muscles stronger, increasing circulation, or keeping yourself limber, exercise has always played a vital role.

However, what most people don't know is that exercise plays an equally important role in the detoxification of the body. Simply put, detoxification is the internal cleansing of the body – the elimination of accumulated wastes, toxins, and toxins.



But how does exercise help? As you exercise, the blood circulates throughout the body, bringing nutrients to all the organs and muscles. Exercise also helps lymph fluids circulate the body, which removes toxins and other harmful materials. When exercising you breathe deeply and take in more oxygen, which helps all the cells to perform their jobs, including removing wastes. At the same time you exhale carbon dioxide, which is a by-product of the various functions performed by the body. As you do aerobic exercise you build up a sweat and toxins are released through the pores of the skin. Exercising also helps you to lose weight by reducing the amount of fatty tissues in the body. As the fatty tissues grow smaller the toxins stored in fat are released into the body. This accumulation must be removed. Fasting and herbal remedies are two other ways to get rid of these toxins in your body. In the next few pages, you will be introduced to simple excises that you can begin immediately!

Upper Body Exercises



BICEP EXERCISES



Dumbbell Biceps Curl *(targeting the long head of the bicep)*

1. Stand with your feet shoulder width apart.
2. Contract the biceps, moving the forearm out and up through a natural range of motion with your forearm in a supine position.

Dumbbell Angled Bicep Curl

(targeting the short inside head of the bicep)



1. Stand with your feet shoulder width apart.
2. The arms should be at your sides holding onto the barbell, with your forearm angled out.
3. Contract the biceps, moving the forearm out and up through a natural range of motion with your forearm in a supine position.

Bicep Curls on Stability Ball



1. Position yourself on the ball, lowering down to a squat position.
2. Feet will be shoulder width apart, elbows will be alongside the ball and close to your sides.
3. Hold the dumbbells in your hands starting with them down along your side, almost to a full extension.
4. Keeping your lower body stationary, begin to engage the biceps by moving the forearm out and up through a natural range of motion.

Tricep Exercises



One Arm Dumbbell Triceps Extension

1. Place a dumbbell in one hand and rest the opposite hand across on the lifting arm right below the elbow.
2. Extend the dumbbell over the head and bending from the elbow, bring the dumbbell down behind the head making sure not to lean forward.

Triceps Dips Off The Bench



1. Position yourself on the end of the bench so that your arms hold you erect with your heels on the floor and knees bent.
2. Hold your body erect with your elbows to your sides.
3. Keep your elbows pointing directly behind you and slowly lower yourself to the point where your upper arms are at a 90 degree angle with your forearms.

Shoulder Exercises (Deltoids)



Standing Shoulder Press

1. Stand with your feet shoulder width apart.
2. Arms form a 90 degree angle and are perpendicular to the floor.
3. Press both dumbbells towards the ceiling in a slow and controlled manner.

Dumbbell Medial Deltoid Lateral Raise



1. Stand with your feet approximately shoulder width apart.
2. Palms should be against the sides of the legs and elbows should be pointed directly back.
3. Laterally raising the arms until parallel with the floor then slowly return to starting position.



These are a variation using bands.

Seated Shoulder Press on Stability Ball

In this exercise, you will be incorporating your core while balancing on the ball and doing the overhead shoulder press



Upper Back Exercises



Bent-Over Dumbbell Row

(targets upper back)

1. Plant your feet firmly on the ground in a stance slightly wider than shoulder width apart with knees slightly bent.
2. Grasp the dumbbells slightly wider than shoulder width.
3. Pull the dumbbells up toward chest level.
4. Contract the latissimusdorsi (upper back muscles) until the elbows are pointed directly up.

Bent over Fly Seated on Stability Ball

(targets the back of the shoulder and upper back)



1. Place your stomach on the ball, legs extended behind you to balance.
2. Dumbbells will be on the floor in front of the ball, grasp dumbbells with both hands.
3. Engage the back of the shoulders and upper back, while lifting the dumbbells out to the sides laterally.

Chest Exercises (Pectorial)



Lying Chest Press on the Floor

1. Lying flat on a surface, knees bend and feet flat on floor.
2. Position the dumbbells straight above your head approximately 6 inches wider than shoulder width.
3. In a controlled manner, press the dumbbells up by contracting the pectoralis major (chest) to the starting position.

Dumbbell Chest Press on Ball



1. Lay on a stability ball with your shoulders and head supported by the ball.
2. Shoulders, hips and knees should all be in line with one another.
3. Keep hips up in a bridge position engaging the lower body.
4. Press the dumbbells up towards the ceiling in an arc just short of locked elbows.

Push-Ups on Knees



1. Begin on all fours with arms slightly wider than shoulder width.
2. Keep your stomach muscles engaged so that you protect the lower back and to avoid arching in the back and lower yourself towards the floor and then press back up.

Core Body Exercises



Abdominal Exercises



Basic Crunch

1. Place your feet flat on the ground, knees bent, back is flat on the ground.
2. Begin by lifting your head and shoulders off of the floor, contracting the abdominal muscles.



Bicycle Crunches



1. Place your feet flat on the ground, knees bent, back is flat on the ground.
2. Hands should be loosely placed behind your ears.
3. Begin lifting the left side of your upper body and extend your right leg out in front of you.
4. At the same time, bring the left elbow towards the right knee, then return the left side back to the starting position while extending the right leg straight out in front of you.
5. Repeat on the other side by lifting the right side of your upper body and extend your left leg out in front of you.
6. At the same time, bring the right elbow towards the left knee, then return the left side back to the starting position while extending the left leg straight out in front of you.
7. Continue this process alternating each side and keep abdominal muscles engaged the entire time.
8. Make sure the small of your back remains flat on the floor; do not arch your back.

Crunches on the Stability Ball



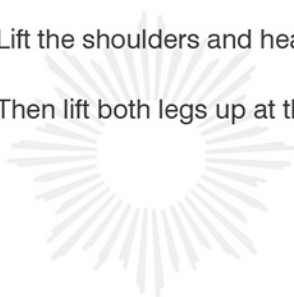
1. Sit on the ball and slowly, balancing yourself, walk your feet out in front of you.
2. Walk down until the lower part of your back is flat on the ball, feet shoulder width apart to help with balancing.
3. Place your arms either across your chest or loosely behind your ears.
4. Begin by pressing the lower portion of your back against the ball, engaging the abdominal muscles and lifting your upper back and shoulders off the ball.



Leg Raises



1. Lie flat putting hands along the sides of your body, or slightly under the lower portion of your back.
2. Lift the shoulders and head up.
3. Then lift both legs up at the same time.



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Balance & Core



1. Begin by getting onto both knees and both hands.
2. Engage the abdominal muscles in order to protect the back.
3. Lift the right arm straight out in front of you and the left leg straight out behind you. Hold for 10 seconds. Then switch to the opposite arm and leg.



Lower Body Exercises



Leg Exercises (glutes, hamstrings, quads)



Squat

1. Stand with your feet shoulder width apart.
2. Engage abdominal muscles in order to protect the lower portion of the spine.
3. Bring your hips and gluteus behind you like you are about to sit down on a chair.

Squat with Medicine Ball



1. Stand with your feet shoulder width apart.
2. Engage abdominal muscles in order to protect the lower portion of the spine.
3. Raise the medicine ball straight out in front of you so it is parallel to the floor.
4. Begin by bending knees and lifting the medicine straight out in front of you.

Stretching & Breathing



Stretching and breathing after a workout is extremely important for recovery and repair of the body, both mentally and physically. Each stretch should be held for 30 seconds on each side. Do not bounce during a stretch. Make sure to take deep breaths and relax the muscles. Flexible muscles will mean stronger muscles.

When you take a breath make sure to take a deep breath from the belly button, extending it outward, forcing the diaphragm to be pushed up and out. You will feel a great sense of relief when you do it the proper way. Breathe in for a count of 6 and then slowly let it out, forcing all of the air out of your lungs and diaphragm. Repeat several times. Oxygen is needed for greater blood flow, which leads to repair of the muscle fibers that were just torn during the workout. When the fibers repair, is when muscle begins to grow.

Conclusion

The exercises presented here will certainly start you on your path to detoxification. Whilst the amount of exercises shown here are limited, as a member of the 21 Day Diet Plan, you will receive continuous updates about everything related to diet, exercise, and detoxification.

In order to achieve the ultimate body detox, you must also practice proper water consumption alongside a specific diet and usage of herbal supplements. All of this is fully detailed in LifeBotanica's 21 Day Diet Plan Programme.

Life extension through life style change is simply a click away.

To find out more, please visit:
www.lifebotanica.com

Special Thanks to:



Michele Loesch

Certified Fitness Professional,
Nutrition Consultant, Master Trainer



Thank You!

To Find Out More, please visit:

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