

6 WEEKS H.A.B.I.TS WORKOUT – 6 KG WEIGHT LOSS & 3+ INCH LOSS ON HIPS, ABS & THIGHS

“H.A.B.I.Ts” refers to the areas of bodily concern to a majority of women –
Hips, Abdominals, Butt, and Inner Thighs

The 6 weeks “H.A.B.I.Ts” program includes the right moves to help streamline your hips, waist, and thighs, & also has super-fast cardio fat-blasters to minimize a bottom-heavy body!

Hips: The hip area is often the so-called “problem area” for a majority of women as the female body is naturally designed to carry fat deposits in this area so as to assist in child-bearing at some point in life. Slender hips are a wonder to behold, and hence shaping the hip muscles occupies a place of prominence in the wish list of a majority of women. This program will transform your bulky hips with exercises that will literally get your hip and your butt in top gear!

Abs: you need to understand that whether or not you can “see” your abs boils down to one thing, and one thing only - IS YOUR BODY FAT PERCENTAGE LOW ENOUGH TO REVEAL YOUR ABDOMINAL ASSETS? Abdominal muscles don't even start getting defined and visible for most people until their body fat percentage touches a figure of less than 10% for men and 15% for women. The abdominal routine in this program will include BASIC AB-FLAB BUSTING EXERCISES - exercises that target your main abdominal muscles since they have a greater range of motion. Combining these exercises with the CORE MASS BUILDING EXERCISES (multi joint exercises) and HIIT Cardio routine followed by toning exercises for upper and lower abs and obliques muscles will get your tummy getting flatter and more defined!

The Butt: This is another area that tends to accumulate fat very easily. In this program, you work out all body parts to get a more symmetrical look as well as to get your desired proportions. Also, like any other workout program for a specific body part, butt exercises must be supplemented with a diet plan that helps burn off excess calories.

Thighs: An issue of concern to most ladies is the fat along the inner thighs, which, more than looking unsightly also causes problems associated with constant friction due to the thighs rubbing against each other as one walks. Follow rules to nutrition, incorporate HIIT (High Intensity Interval Training) and complete a circuit training, all of which are included in this program to reduce your overall body fat and eventually reduce the fat from your Inner Thigh.