

A photograph of two women in athletic wear exercising outdoors. One woman is sitting on the grass, smiling, while the other stands behind her, leaning over and holding her arm. They are both wearing bright, colorful tank tops and leggings. The background shows a clear blue sky and green grass.

# WELCOME TO THE SLIM TIME TEA EXERCISE PLAN

FOLLOW OUR EXERCISE PLAN TO HELP MAXIMIZE YOUR WEIGHT LOSS RESULTS!  
BUY OUR 14 OR 28 DAY TEATOX AT [WWW.SLIMTIMETEA.COM](http://WWW.SLIMTIMETEA.COM)

# Week 1

# Exercises

## Workout Day 1

### Warm-up A

4 rounds

5 Push-up, 10 Sit-up, 15 Bodyweight Squats, REST 30SEC

4 rounds

10 Superman Back Extensions, 10 Flutter Kicks

## Workout Day 2

### Warm-up B

5 rounds

10 Walking lunges each leg, 10 Lateral Lunges, 10 Jump Squats

REST 30SEC

4 rounds

15 Leg Raises, 15 Flutter Kicks

## Workout Day 3

### Warm-up C

3 rounds

Burpees for 30 sec, REST 30SEC, Mountain Climbers 30 sec

REST 30SEC

Ab crunches 30 sec, Ab bicycles 30 sec

## Workout Day 4

### Interval walking/jogging

Walk 5 min

Jog 5 min

Walk 10 min

Jog 8 min

Walk 10 min

# Week 2

# Exercises

## Workout Day 1

### Warm-up A

4 rounds

10 Push-up, 10 Jumping Jacks, 20 Bodyweight Squats

REST 30SEC

4 rounds

Planks 60 sec (or until failure), 20 Flutter Kicks

## Workout Day 2

### Warm-up B

5 rounds

10 Burpees, 20 Oblique ankle taps,  
High Knees 15 each leg, Butt Kicks 15 each leg

REST 30SEC

## Workout Day 3

### Warm-up C

5 rounds

20 Jump squats

REST 30SEC

15 Jump squats

REST 10SEC

10 Jump squats, Walking Lunges for 3 min

REST 30SEC

3 rounds

Ab crunches 60 sec, Ab bicycles 30 sec

## Workout Day 4

3 rounds

Walk 5 min, Jog 5 min, Max pushups in 2 min

### Warm-up A:

Jog on spot for 2 min, 10 Jumping Jacks, fast feet for 10 sec,  
Arm circles (forward and backwards), stretching

### Warm-up B:

Jog on spot for 2 min whilst doing air punches, high knees 10 each leg,  
fast feet 20 sec, 8 burpees, stretching

### Warm-up C:

Jog on spot for 2 min, 5 burpees,  
10 (each leg) walking lunges, stretching