

Program for Weight Loss

Below is an outline of a suggested exercise workout program.

Exercise program – example

as advised by Pierre von Mossevelde - (contact Pierre on the above number for personal assistance on weight loss):

- Monday – upper body training (light weight training on arms)
- Tuesday – jog for 20 mins or other cardio vascular exercise
- Wednesday – Lower body training (light weight training for legs)
- Thursday – swimming – 20 minutes other cardio vascular exercise
- Friday – alternate between upper and lower body

Cardio vascular exercises – skipping, treadmill, jogging, walking, cycling, swimming

Consult your personal trainer on what upper and lower body exercises should be done.

With regards to your nutritional and exercise program, it is recommended that you eat six **small** meals a day in order to speed up your metabolism rather than slow it down. Your meals should consist of equal proportions of protein, carbohydrates (low glycemic carbohydrates – brown rice, oats, quinoi, sweet potato, apples, oranges, mango, grape fruit) and vegetables.

Use your **Max Up** protein shakes between meals and count it as a meal. The Max Up protein will ensure optimum nutrition to obtain lean muscle.

Exercise and a nutritional program is the best way to ensure permanent weight loss and muscle growth. You can use **Octocut** without an exercise program but in order to maintain the weight loss, exercise is necessary.

Caution – with a high protein intake, it could lead to constipation – it is highly recommended that you use a herb and fibre blend to prevent this condition. The blend also ensures slow release of glucose into the blood stream.

Octocut must be used in the following way:

- Must be used on an empty stomach first thing in the morning and before training. Increase your intake of water as stimulants can dehydrate you. Must use it 5 days on and 2 days off. Use it for no longer than 3 months at a time, then take at least a 2 month break before restarting.
- Use Octocut with Max Up 100% Whey or Meal Replacement, Vita C Cal Mag with potassium, Vitamin B1 (500mg), Maximum Immunity (helps prevent inflammation after training), MV 3000 (multivitamin and mineral) and Max Up EPA/DHA for optimum results.
- Octocut should not be used by those who are diabetic or suffer from high blood pressure, people on anti depressants and those who suffer from anxiety due to the stimulating effect of the product.
- For those suffering from diabetes, high blood pressure, depression and anxiety, it is recommended that the stimulant free Lean Max be used instead of Octocut.