

BONUS 1

5 MINUTES BELLY FAT WORKOUT GUIDE

*A short, simple movement sequence
you can do at home in just five minutes*

Optional support for The Fat Burner and Slim Protocol
The main protocol works without this workout

For educational purposes only. Consult your doctor before starting any exercise.

Introduction

This short workout is an optional bonus. The main Fat Burner and Slim Protocol works on its own. However, if you want a little extra support and have five free minutes, this simple sequence can help.

You do not need equipment. You do not need to go to a gym. You can do it in your room, living room, or anywhere you have a little floor space. The movements are gentle and suitable for beginners.

Important: If you have any existing health conditions, joint problems, or you are pregnant, speak with your doctor before trying these movements.

How to Use This Workout

- Do it once a day, preferably in the morning or early evening.
- Move slowly and with control. Do not rush.
- Breathe normally. Do not hold your breath.
- If any movement causes pain (not just normal effort), stop that movement.
- You can do this workout even on rest days from other activities.
- Consistency matters more than intensity.

The 5-Minute Sequence

1. Standing March (45 seconds)

Stand tall with feet hip-width apart. Gently lift one knee at a time as if marching in place. Swing your arms naturally. Keep your core lightly engaged. This warms the body and gets blood flowing.

2. Toe Touches / Forward Reach (45 seconds)

Stand with feet slightly wider than hip-width. Hinge gently at the hips and reach your hands toward your toes or shins (only as far as comfortable). Return to standing. Move slowly. This stretches the back of the legs and lightly engages the core.

3. Seated or Standing Knee Lifts (60 seconds)

Sit on a sturdy chair or stand holding a wall for balance if needed. Lift one knee toward your chest, then lower it. Alternate sides. Move in a controlled way. This engages the lower abdominal area.

4. Pelvic Tilts (60 seconds)

Lie on your back with knees bent and feet flat on the floor. Gently tilt your pelvis so your lower back presses lightly into the floor, then release. Move slowly. This is a very gentle way to activate the deep core muscles.

5. Heel Slides (60 seconds)

Still lying on your back with knees bent. Slowly slide one heel away from you until the leg is almost straight, then slide it back. Alternate sides. Keep your lower back stable. This strengthens the lower abdomen in a controlled manner.

6. Gentle Twist Stretch (45 seconds)

Sit or lie down. Gently twist your upper body to one side, hold for a few seconds, then switch sides. This releases tension around the midsection and improves mobility.

7. Deep Breathing + Rest (30–45 seconds)

Sit or stand comfortably. Place one hand on your belly. Breathe in slowly through the nose, feeling the belly rise, then breathe out through the mouth. Repeat several times. This calms the system and ends the session.

Helpful Tips

- Focus on form rather than speed.
- You can do the sequence twice if you feel comfortable and have extra time.
- Pairing this short workout with the main protocol often feels more complete.
- Results from movement come from regular practice, not from one intense session.
- Listen to your body. Rest when needed.

Disclaimer

This workout guide is for general educational purposes only. It is not a substitute for professional medical or fitness advice. Consult your doctor before beginning any exercise programme, especially if you have health conditions, injuries, or are pregnant. Stop immediately if you feel pain or dizziness. The author accepts no liability for any injury or outcome resulting from the use of this guide.

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