

# HERBALIFE 24FIT

THE SMARTER WAY TO WORK OUT

## START WORKING OUT SMARTER!

Now you can achieve a better, stronger, more capable body with Herbalife24FIT.

This 24-week DVD workout program is led by top fitness experts and developed by Herbalife with the renowned physical therapist and performance specialist Robert Forster.

Herbalife24FIT is based on the same integrity and science that you've come to expect from Herbalife, giving you more gain with less pain.

### Why Herbalife24FIT is better than other home workout programs:

1. Herbalife24FIT gradually increases in intensity, so you don't work harder... you work out smarter!
2. Herbalife24FIT addresses common vulnerabilities of the human body, regardless of age or previous activity level!
3. Herbalife24FIT trains your body to burn fat instead of carbs!

Available while supplies last!  
**GET YOURS TODAY!**

SKU #8559

LIMITED EDITION



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## PHASE 1

### STABILITY

Stability prepares your body with low-intensity, light-impact training specifically designed to strengthen the muscles that keep joints in their correct, natural positions.

#### WEEKS 1-8

Spine and Pelvis Stabilization  
Shoulder Stabilization  
Total Body Integration  
Metabolic 1

## PHASE 2

### STRENGTH

Strength takes your now properly aligned body and focuses on building muscle with variable low- to high-intensity exercises.

#### WEEKS 9-16

Spine and Pelvis Strength  
Upper Body Strength  
Total Body Strength  
Metabolic 2

## PHASE 3

### POWER

Power introduces high-intensity exercises to refine your new strength and increase your stamina, speed and efficiency.

#### WEEKS 17-24

Core Power  
Upper Body Power  
Total Body Power  
Metabolic 3

## ANY AGE. ANY CONDITION. ANYONE CAN BUILD A BETTER BODY WITH HERBALIFE24FIT

The Herbalife24FIT program has been broken down into three distinct phases, each of which builds upon the progress you've made in the previous one. Follow the program exactly as designed, get plenty of rest and the new body you've always wanted is sure to follow.

## COACHES

### TOM HOLLAND

Tom Holland is an elite endurance athlete and physiologist committed to helping people live a better life through fitness. Tom has run over 50 marathons, is a 19-time Ironman® triathlete and has won several natural body building awards.

### SAMANTHA CLAYTON

Samantha Clayton is an Olympic athlete, fitness instructor, spokesmodel and mother of four. She is a certified personal trainer and uses her experience to help others reach their fitness goals.



### ROBERT FORSTER Physical Therapist and Performance Specialist

Robert Forster developed the Herbalife24FIT program with Herbalife. He is one of the leading physical therapists for athletes, both recreational and elite. Over the course of his 30-year career, he has successfully trained Olympic gold medalists, U.S. Open and Wimbledon champions, NBA superstars and triathlon world-record holders. Tired of encountering ill-advised training programs that only cause more injury, Robert created a new approach to physical therapy, which is divided into phases that follow the body's natural healing and growth patterns. His practice in Santa Monica, California, provides athletes with effective, scientific and injury-free solutions for health and performance.