

The exercise programme

warm-up programme



Exercise 1
Lift your knees and run slightly on the spot: 2 minutes, increase speed daily.



Exercise 2
Stand in front of an armchair, lift your heels so that you stand on the tips of your toes, start slowly for ten times and increase daily
- Duration 2 minutes



Exercise 3
Stand behind an armchair, take hold of the back and lift the right and the left leg alternatingly to the breast. Increase daily.
- Duration 3 minutes.

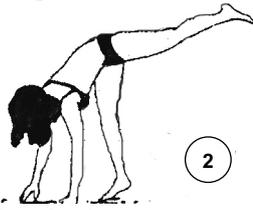


Exercise 4
Knee in a starting position, hands and toes are on the floor, the right foot is stretched out backwards to the back, the left knee is bended under the ribcage. Change position for ten times. Increase daily.
- Duration 3 minutes.

Main exercises hip

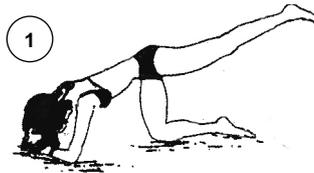


Exercise 1
Straddle your legs and straighten your legs. Bend forward, put your arms round your hollows of your knees during bending and draw the body to your knees. After that loose your arms and stretch completely. Try it for eight times and increase daily. - Duration 3 minutes.



Exercise 2
Stand on your right leg, bend your body forward to such extent that your fingertips touch the floor, after that stretch your right and left leg alternating upwards. Try it for ten times and increase daily.
- Duration 3 minutes.

Main exercise thighs



Exercise 1
Knee on your right knee, lift the left leg upwards as far as possible and bow your head. If the leg is stretched, make eight little circles with your left foot. Repeat process with your right leg. Stretch your legs alternatingly for eight times. Increase daily.
- Duration 3 minutes.



Exercise 2
Straddle your legs, bend your ribcage forward over the floor, with hands on the floor. Now try to touch your feet alternatingly with your right and left hand.
- Duration 3 minutes.

Main exercises buttocks



Exercise 1
Sit on the floor with both legs stretched and try to bend your upper part of your body forward as far as you can to both soles of your feet. Try it for ten times and increase daily.
- Duration 3 minutes.

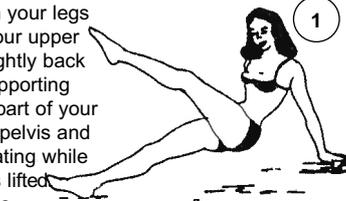


Exercise 2
Knee on your left knee, stretch right leg away, put your arms round your neck and try to touch the right knee with your elbow. Repeat this exercise five times on each side. Increase daily.
- Duration 3 minutes.

Final exercises

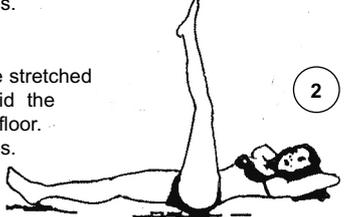
Exercise 1

Sit on the floor with your legs stretched out, lie your upper part of the body slightly back with both hands supporting laterally the upper part of your body. Now lift your pelvis and lift your legs alternatingly while keeping your pelvis lifted
- Duration 2 minutes.



Exercise 2

Lie back and lift the stretched leg alternatingly, avoid the heels touching the floor.
- Duration 2 minutes.



Diet programme

with application instructions (take care of a lot of exercises)

Keep to a reasonable diet with a calorie requirement of in principle 1,000 calories. Consider substantial features of the diet sheet to avoid any vitamin deficiency. In case of regular sweating, it is recommendable to eat tomatoes or apricots every day to keep the potassium balance stable. You should prefer no-salt meals. Take a rest in between and try to have a walk or go swimming as often as you can and enjoy a little dance. Thereby, you should enjoy, eat and drink everything restrained and avoid too much alcohol.

Sunday (big drinking day)

early: rose hip or herbal tea, after that wear sauna suit. Go swimming or have a walk (if possible repeat every day)
lunchtime: low-fat or non-fat vegetable soup, garnished with rice. Rest for one or two hours.
afternoon: if necessary, one or two glasses of mineral water. Go swimming or have a walk (repeat daily)
evening: up to one litre of wine with mineral water or juices with mineral water. 1 slice of wholemeal bread, bread with linseed or crispbread with quark, parsley, chives or carrots - Recommendable, after that evening walk or dancing for one or two hours. (If possible, repeat every day)

Monday (dry day – day of rest)

early: 1 glass of herbal tea, after that wear sauna suit for two hours
lunchtime: plums or apricots, soaked, with crispbread
evening: 1 glass of juice of two oranges and one lemon or grapefruit (pressed of fresh fruit) with wholemeal bread and quark, like before.

Tuesday (small drinking day)

early: 1 glass of herbal tea, after that wear sauna suit for two hours
lunchtime: rice soup with vegetable
afternoon: as of 3 p.m. up to half a litre of wine, mineral water or juices
evening: bread with linseed with quark, like before maybe with a little bit of mineral water, if necessary

Wednesday (dry day – day of rest)

early: 1 glass of herbal tea, after that wear sauna suit for two hours
lunchtime: apricots, soaked, with crispbread
evening: 1 glass of juice of two oranges and one lemon or grapefruit (pressed of fresh fruit) with wholemeal bread and quark, like before.

Thursday (Big drinking day)

early: 1 glass of herbal tea, after that wear sauna suit for two hours
lunchtime: vegetable soup and semolina with fruit juice
afternoon: as of 3 p.m. up to one litre of wine, mineral water or juices
evening: bread with linseed with quark, like before

Friday (dry day – day of rest)

early: 1 glass of herbal tea, after that wear sauna suit for two hours
lunchtime: apricots, soaked, with crispbread
evening: 1 glass of juice of two oranges and one lemon or grapefruit (pressed of fresh fruit) with wholemeal bread and quark, like before.

Saturday (small drinking day)

early: 1 glass of herbal tea, after that wear sauna suit for two hours
lunchtime: gruel and stewed fruit with rusk
afternoon: as of 3 p.m. drink up to half a litre of wine, mineral water or juices
evening: bread with linseed with quark, like before (maybe some mineral water, if necessary).

Terminate programme after one to three weeks and start with a moderate convalescent diet again. We recommend to take vitamin preparations daily after a one week's cure. People with cardiac insufficiency or bad circulation should consult their doctor in advance or carry out the diet cure under supervision of a doctor.