

WORKOUT

Without machines



GETTING RID OF CELLULITE

Exercise is one of the most important ways to reduce cellulite, not only because it helps you burn calories, but also because it increases circulation and promotes skin firmness.

While these cellulite deposits may never disappear completely, burning body fat will make them shrink.

With the right exercise and diet plan, you can reduce cellulite and make the lower body look smoother and firmer.

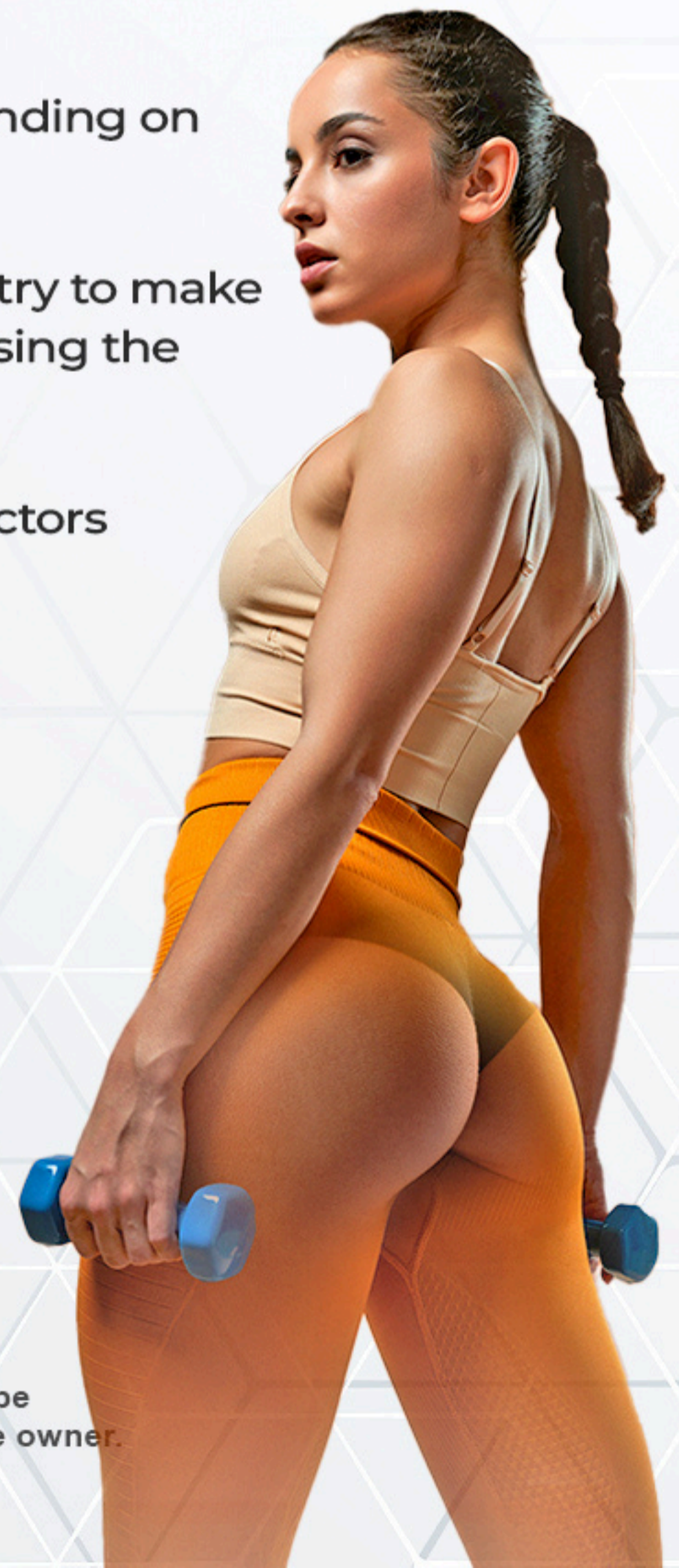
You can do some or all of these exercises, depending on your fitness level.

When these exercises start to feel easy for you, try to make your cellulite challenge more difficult by increasing the number of sets and repetitions.

In addition to these exercises, other effective factors for getting rid of cellulite are:

- Caloric deficit for weight loss
- Eat a healthy diet
- Drink more water
- Reduce sugar and salt
- Avoid smoking and alcohol
- Consume more collagen
- Use essential oils to heal the skin
- Massage for cellulite
- Exercise regularly

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ZERO CELLULITE

SETS REPS REST

HIGH KNEES RUN



2 12 30"

JUMPING SPLIT SQUAT



2 12 30"

WALL SIT



2 15" 30"

DUCK WALK



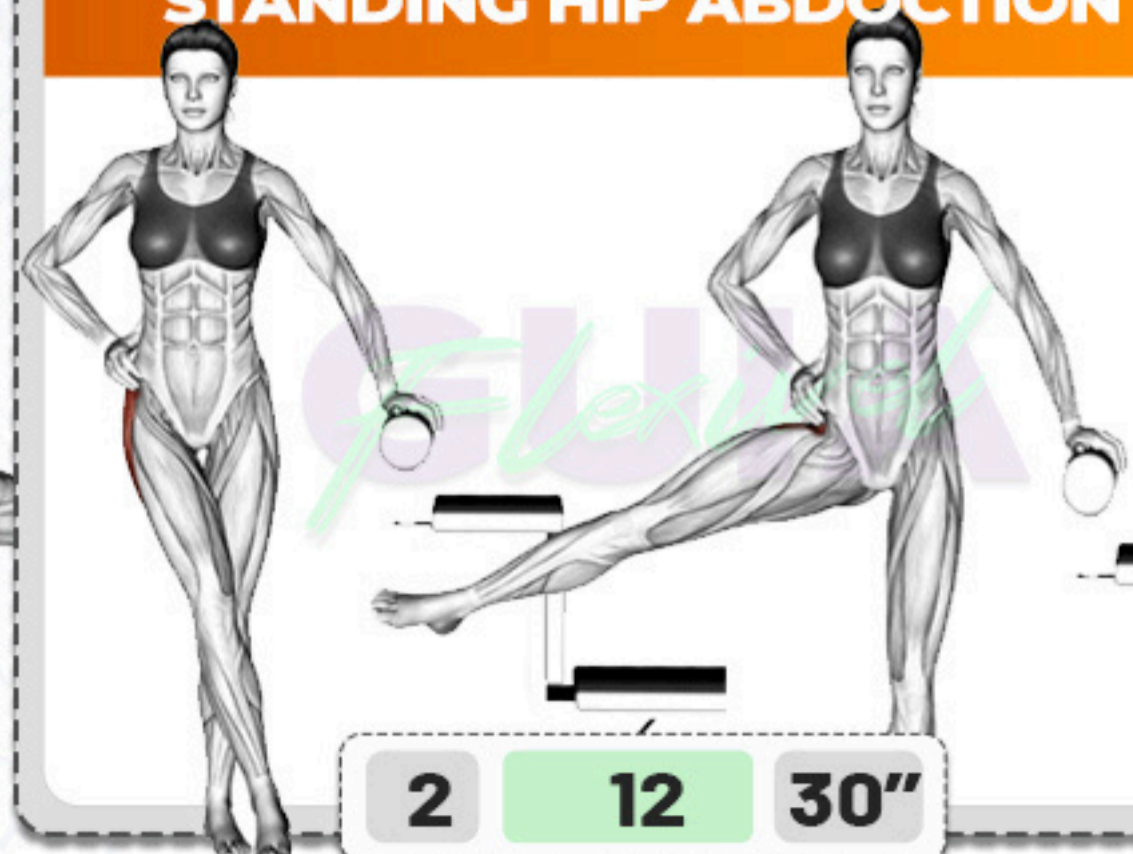
2 12 30"

SINGLE LEG DEADLIFT



2 12" 30"

STANDING HIP ABDUCTION



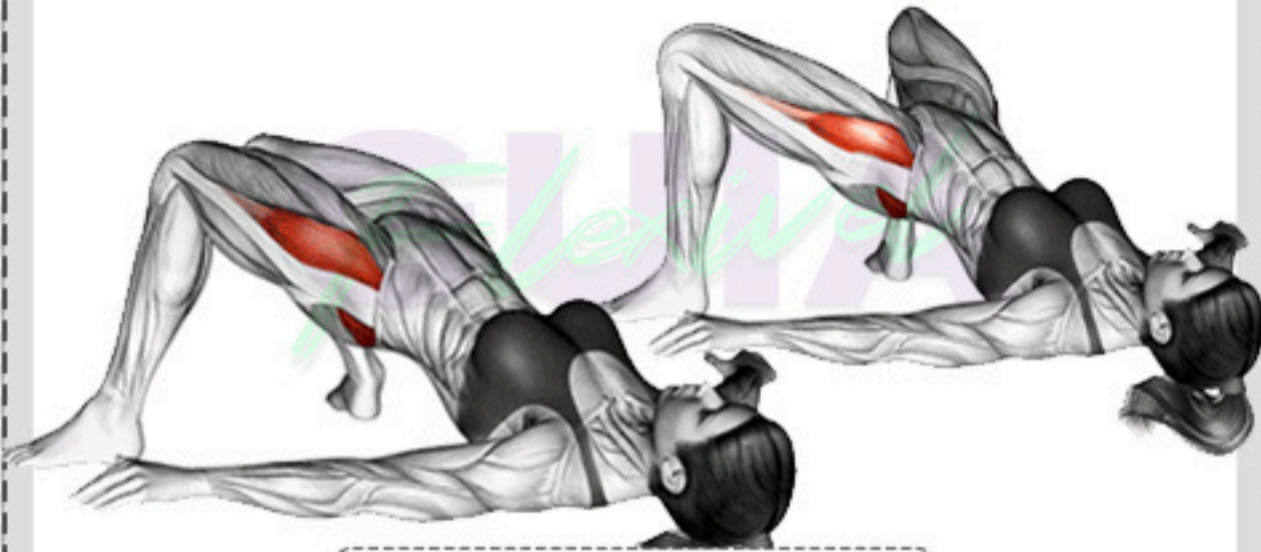
2 12 30"

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FLUXIA

ZERO CELLULITE

GLUTE BRIDGE HIP ABDUCTION



2 12 30"

FIRE HYDRANT



2 12 30"

PLANK LEG LIFT



3 10 30"

SUMO SQUAT



3 10" 30"

Additional Tips

- **Hydration:** Drink plenty of water. Staying hydrated helps eliminate toxins and promotes healthy skin.
- **Foods Rich in Antioxidants:** Include fruits and vegetables such as berries, kiwis, oranges, spinach, and broccoli to combat free radicals.
- **Healthy Fats:** Consume avocados, nuts, seeds, and fish rich in omega-3 to improve skin texture.
- **Reduction of Salt and Sugar:** Reduce salt intake to avoid fluid retention and limit sugar to prevent fat accumulation.

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FLORIDA