



Aftercare and Maintenance

Post Procedure Instructions:

- Stay away from fatty, fried or fast foods.
- Try not to eat anything after 7pm.
- No alcoholic beverages for 72 hours after treatment.
- No alcoholic beverages after 7pm (on Day 4 and afterwards post treatment).
- Limit sugar intake.
- Drink 1 gallon of water for the next 72 hours, 64-80 oz daily after.
- Do at least 75 squats or sit-ups, and/or HIIT cardio.
- Wear your waist trainer or butt lifter for at least 5-6 hours daily.

VERY IMPORTANT: BE SERIOUS ABOUT YOUR BODY TRANSFORMATION AND COMPLETE YOUR SESSIONS AS RECOMMENDED.

HIIT Cardio for a Snatched Waist (Recommendations)

Make sure cardio is done on an empty stomach first thing in the morning!!

- 10 sets of high knees (30 seconds each set). Rest 10 seconds in-between each set!
- 10 sets of jump rope (30 seconds each set). Rest 10 seconds in-between each set!
- 10 sets of jumping jacks (30 seconds each set). Rest 10 seconds in-between each set!
- 10 sets of burpees (30 seconds each set). Rest 10 seconds in-between each set!

Remember: Eat a light breakfast afterwards, drink your water and perform HIIT Cardio 5 days a week if you have stubborn fat to lose!!!!

To maintain a waist that is already snatched, perform only 3 days a week.

I have read and understand the Aftercare and Maintenance instructions. (Initials) _____