

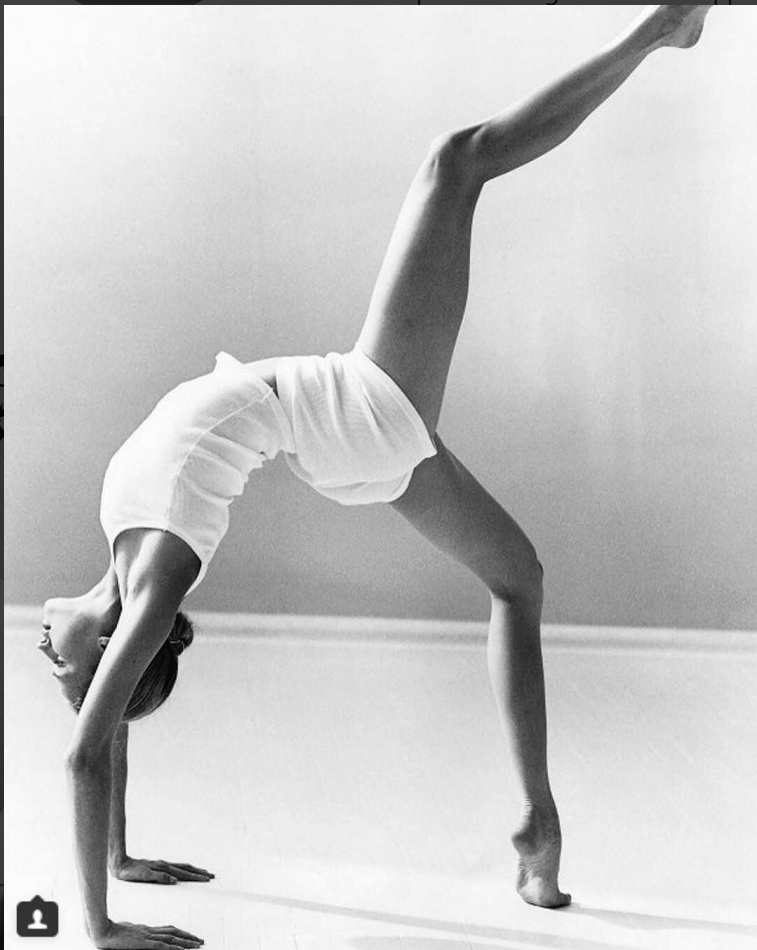


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THE SUPER ELIXIR by WelleCo Founded by Andrea Horwood and Elle Macpherson, premium organic biolive supplements. Net-A-Porter, Selfridges, David Jones, worldwide



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superelixir LIFT YOUR FITNESS GAME | Any of our Northern Hemisphere friends trying to find winter workout motivation? Try Ricardo Riskalla aka @rawfit\_training's easy daily workout for strong arms and super-toned legs •Stand-up, open your arms parallel to the ground and then do micro rotations forwards for 2 minutes then repeat backwards.  
• 30 full push-ups. • 20 minutes of ballet pliés.  
• 5 minutes of full squats. • Every second day, do 300 sit-ups to tone your core. via @BritishVogue

#WelleCo #RawFitTraining #Exercise #Wellness #StrongArms #TonedLegs #Fitness #BritishVogue

michellebettshealthandfitness Stunning !



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1 DAY AGO

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