

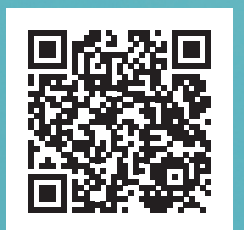
Exercise Bites

Small “bites” of exercise, if done safely and correctly, can lead to beneficial results.

Watch our video featuring 12 exercise bites that are high intensity body weight exercises you can perform with little or no equipment.

In just seven minutes you can enhance your aerobic fitness and muscle strength. Next time you are craving something sweet, try an exercise bite instead.

Scan the QR code below to watch the video. Or visit saif.com/ergo for more information.



Scan here