



# DISCOVER OUR

RAHN-Challenge "Get rid of Bingo Wings"

## Our SLIMEXIR® ...

- Prevents formation of new adipocytes and reduces the storage of fat
- Stimulates the decomposition of fat
- Triggers the fragmentation of lipid droplets
- Visually reduces fat nodes

**... fat melts away and improves skin firmness**

# RAHN

Your partner for excellence

# 30 day challenge

## Band it! Take the Challenge ...



### 1

10 Banded Biceps Curls  
10 Tricep Extension  
10 Shoulder Reach  
\* repeat 3 times

### 2

10 Band Lat Pull  
10 Triceps Kickback  
10 Band Forward Raise  
\* repeat 3 times

### 3

10 Seated Biceps Curls  
10 Triceps Chair Dip  
10 Band Upright Row  
\* repeat 3 times

### 4

Rest Day

### 5

12 Banded Biceps Curls  
12 Tricep Extension  
12 Shoulder Reach  
\* repeat 3 times

### 6

12 Band Lat Pull  
12 Triceps Kickback  
12 Band Forward Raise  
\* repeat 3 times

### 7

14 Seated Biceps Curls  
14 Triceps Chair Dip  
14 Band Upright Row  
\* repeat 3 times

### 8

Rest Day

### 9

14 Banded Biceps Curls  
14 Tricep Extension  
14 Shoulder Reach  
\* repeat 3 times

### 10

14 Band Lat Pull  
14 Triceps Kickback  
14 Band Forward Raise  
\* repeat 3 times

### 11

14 Seated Biceps Curls  
14 Triceps Chair Dip  
14 Band Upright Row  
\* repeat 3 times

### 12

Rest Day

### 13

16 Banded Biceps Curls  
16 Tricep Extension  
16 Shoulder Reach  
\* repeat 3 times

### 14

16 Band Lat Pull  
16 Triceps Kickback  
16 Band Forward Raise  
\* repeat 3 times

### 15

16 Seated Biceps Curls  
16 Triceps Chair Dip  
16 Band Upright Row  
\* repeat 3 times

### 16

Rest Day

### 17

18 Banded Biceps Curls  
18 Tricep Extension  
18 Shoulder Reach  
\* repeat 3 times

### 18

18 Band Lat Pull  
18 Triceps Kickback  
18 Band Forward Raise  
\* repeat 3 times

### 19

18 Seated Biceps Curls  
18 Triceps Chair Dip  
18 Band Upright Row  
\* repeat 3 times

### 20

Rest Day

### 21

20 Banded Biceps Curls  
20 Tricep Extension  
20 Shoulder Reach  
\* repeat 3 times

### 22

20 Band Lat Pull  
20 Triceps Kickback  
20 Band Forward Raise  
\* repeat 3 times

### 23

20 Seated Biceps Curls  
20 Triceps Chair Dip  
20 Band Upright Row  
\* repeat 3 times

### 24

Rest Day

### 25

22 Banded Biceps Curls  
22 Tricep Extension  
22 Shoulder Reach  
\* repeat 3 times

### 26

22 Band Lat Pull  
22 Triceps Kickback  
22 Band Forward Raise  
\* repeat 3 times

### 27

22 Seated Biceps Curls  
22 Triceps Chair Dip  
22 Band Upright Row  
\* repeat 3 times

### 28

Rest Day

### 29

24 Banded Biceps Curls  
24 Tricep Extension  
24 Shoulder Reach  
\* repeat 3 times

### 30

24 Band Lat Pull  
24 Triceps Kickback  
24 Band Forward Raise  
\* repeat 3 times





# Bingo Wing Blaster

**ID**

**Product Form**

**Claims**

**Special ingredients**

700411.0014

Emulsion O/W

Immediate tightening effect

**SLIMEXIR®**

**Virgin Maracuja Oil**

Active ingredient for fat decomposition, with drainage effect and skin hydration/smoothness

Light oil with evanescent exotic fragrance, penetrates rapidly and leaves the skin soft.

| St | Substance                 | INCI name USA  | % [w/w] | Manufacturer                  |
|----|---------------------------|--|---------|-------------------------------|
| 1  | Water demin.              | Water  | 75.90   | several                       |
|    | Glycerin 85 %             | Glycerin, Water  | 3.00    | several                       |
|    | Polyvinyl Alcohol 4-88    | Polyvinyl Alcohol  | 2.00    | Merck KGaA, DE                |
|    | Pullulan                  | Pullulan   | 2.00    | several                       |
| 2  | Optigel WX                | Bentonite, Xanthan Gum   | 1.00    | BYK Chemie GmbH, DE           |
|    | Optigel CL                | Magnesium Aluminum Silicate  | 4.00    | BYK Chemie GmbH, DE           |
|    | Solagum AX                | Acacia Senegal Gum, Xanthan Gum  | 0.30    | several                       |
| 3  | Verstabil PC              | Phenoxyethanol, Caprylyl Glycol  | 1.10    | Evonik DE                     |
|    | Virgin Maracuja Oil       | Passiflora Edulis Seed Oil   | 4.00    | Laboratoires Expanscience, FR |
| 4  | Perfume NihilO001         | Perfume  | 0.30    | Huber the Nose, CH            |
|    | SLIMEXIR®                 | Water, Fructan, Cynara Scolymus (Artichoke) Leaf Extract, Decyl Glucoside, Phenethyl Alcohol, Citric Acid, Glucose, Caffeine, Xanthine | 3.00    | RAHN AG, CH                   |
| 5  | Citric Acid solution 10 % | Citric Acid, Water   | 3.40    | several                       |

**Production:** Add Pullulan while stirring to the water phase; let it swell for about 10 minutes, the phase must be free of lumps / Add 2 while stirring / Homogenise strongly / Add the remaining ingredients while stirring; homogenise.

# Teaching Points

## Seated Biceps Curls

- Sit in a chair with feet wide.
- Place one end of band under left foot; grip other end with right hand, arm straight, elbow resting on right inner thigh.
- Curl arm toward shoulder.
- Lower arm and repeat.
- Switch sides.



## Banded Biceps Curls

- Standing with feet hip-width apart.
- Place the resistance band under your feet and hold one band side in each hand, palms facing up.
- Curl the band up to shoulder height, then lower and repeat.



## Band Lat Pull

- Standing with feet hip-width apart, hold one side of the resistance band in each hand, and extend your arms out in front of you at shoulder height.
- Engaging your core and squeezing your back muscles together.
- Pull the band apart by extending your arms out to the sides.
- Reverse the motion and repeat.



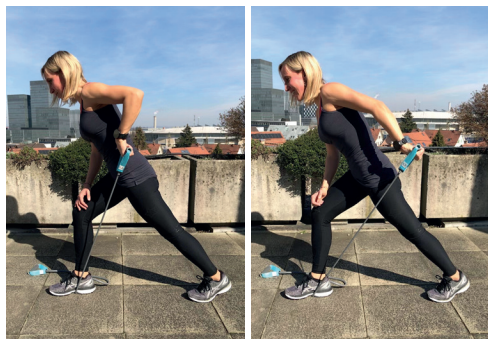
## Tricep Extension

- Stand with one foot slightly in front of the other and place one side of the resistance band under the left back foot and hold the other side in your left hand at the back of your head.
- Pull the resistance band straight up above the top of your head.
- Slowly lower resistance band behind the back of your head until elbows are bent 90 degrees, keeping elbows close to the side of your head.
- Press back up overhead slowly. Switch sides.



## Band Triceps Kickback

- Assume start position by placing one side of your resistance band under right foot and resting your right hand on your right thigh.
- Hold the other side of the resistance band in your left hand and bring arm up so it is nearly parallel to floor.
- Keep elbow stabilized as you kick your left hand back behind you.
- Contract your triceps as you straighten your arm.
- Repeat and switch sides.



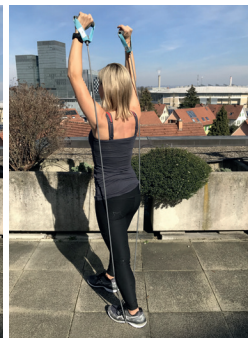
## Triceps Chair Dip

- Your hands should be shoulder-width apart on the surface you are dipping from, with your arms straight.
- From there you dip down until your arms are at a 90-degree angle.
- Then straighten them out again, raising your body.
- Do not fully lock out your arms at the top; keeping a slight bend in your elbows.
- Keep the elbows pointing backwards, instead of out to the side.
- Repeat.



## Banded Shoulder Press

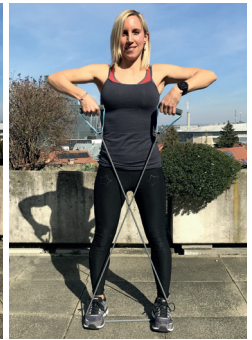
- Place your left foot onto the middle of a resistance band.
- Step forward with the right.
- Tighten your abdominals and avoid arching your back.
- Press with the sides of the resistance band up and stop once your arms are fully extended and parallel with the ground.
- The band should be behind your arms.
- Slowly press the resistance band overhead.
- Do not lock out the elbows. Lower to the starting position and begin again.





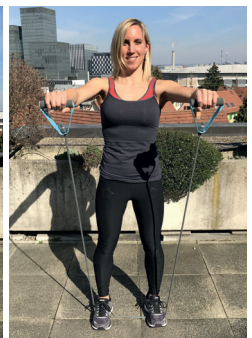
### Band Upright Row

- Standing with feet hip-width apart.
- Place the resistance band under your feet.
- Cross the band in front of you and hold one side of the resistance band in each hand, palms facing your thighs.
- With your chest tall and core engaged, pull the handles up to chest height, bending your elbows out to the sides.
- Lower back to start position and repeat.



### Band Front Raise

- Holding one side of a resistance band in each hand, step on the middle of the band with both feet.
- Stand up straight with a tight core and flat back.
- Begin by lifting your hands straight up in front of you with an overhand grip.
- Be sure to keep a slight bend in the elbows at all times.
- Pause at the top to feel the contraction then slowly lower the bands to the starting position.
- Repeat.



Have Fun!

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