

## Make your move to a healthier you

Empower® offers a realistic approach to leading a healthy lifestyle. By incorporating fitness, nutrition, and wellness expertise, Empower motivates and inspires women to be active, healthy, and strong.



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We know that your life is full and you are working hard. You are on your way to becoming a healthier and happier you, and we are here to support you. Visit us on Facebook or [www.empowerfitness.com](http://www.empowerfitness.com) to be part of a community of women of all ages that are asking questions; sharing challenges and accomplishments; and uploading photos and videos of their progress. Become an Empower girl to be part of something bigger—a community of women just like you—supporting and mentoring each other, and you could be featured!

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## WARNINGS & GUIDELINES

Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect product for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

# KETTLEBELL BOOT CAMP WORKOUT

For a boot camp-style circuit, alternate these exercises with short bursts of cardio of 30-90 seconds (depending on ability) such as running in place, jumping rope, jumping jacks, etc.

- When beginning any new fitness program, start with light weights until you are comfortable with the form for each exercise.
- Beginners should start with 10-12 repetitions. To progress, add a second set for each exercise.
- Allow at least 24 hours between strength training workouts to allow the body to recover.
- Muscle soreness is common 24-48 hours after a strength training workout. Stretching can help reduce soreness.
- Supplement your strength training with a cardiovascular program, performing at least 20-30 minutes of cardio, 3-4 days a week.
- If you are just beginning a cardio program, start slowly and gradually increase your duration and frequency (times per week).
- Proper nutrition is essential for making healthy, permanent changes to your life and body. Eat 5-6 small, well-balanced meals throughout the day.
- Always start your day with water. Drink water throughout the day including before, during, and after your workout.

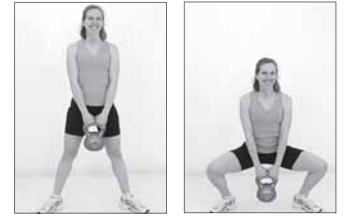
## arm rows

- Keep your back straight and bend at hips. Keep the lower back flat as you bend at the waist. Do not round the back on the way down.
- Hold kettlebell handle in 1 hand and fully extend arm. You can prop your other hand on a chair or bench if necessary.
- Pull kettlebell up towards chest keeping arm close to body. Elbow should extend up past back.
- Return to starting position.
- Perform desired number of reps on each side.



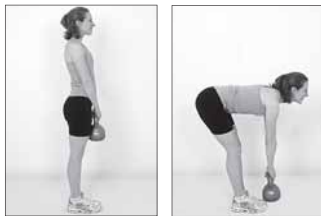
## summo squats

- Stand with your feet wider than shoulder width apart, toes pointed out and knees in line with your toes. Holding the kettlebell handle with both hands, palms facing toward you, arms should be straight in front of you with hands at thigh level.
- Keep your spine in a neutral position, your chin up and your hips pulled in, keeping abs tight throughout the move.
- Squat down keeping your weight over your heels until your thighs are parallel with the ground.
- Push off with your heels at the bottom of the move, squeezing your glutes and inner thighs until you back to the starting position.
- Perform desired number of reps.



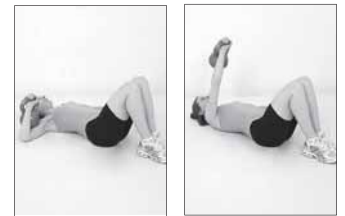
## stiff-legged dead lifts

- Begin by standing upright with feet together and a slight bend in the knees.
- Keep your arms straight, holding kettlebell with both hands at thigh level.
- Bending at the hips, slowly lower the kettlebell toward the feet until you feel the stretch. Keep the lower back flat and your head up at all times. You should feel a stretch in the hamstrings when you reach the bottom of the movement.
- Return to the starting position, focusing on squeezing the glute muscles as you approach the top of the movement.
- Perform desired number of reps.



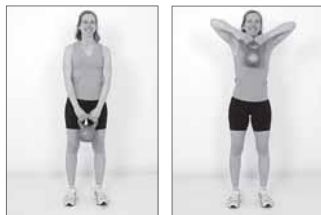
## arm chest press

- Lay flat on your back while holding kettlebell in your right hand. The rounded part of the kettlebell should rest comfortably on the back of your wrist.
- Keep the right elbow very close to your body. Bend the elbow at a 90-degree angle with your right forearm. Position the left arm straight out and away from you at a 45-degree angle.
- Draw in a deep breath and as you exhale, push the kettlebell straight up in front of you. Lock your elbow as you come to the top of the motion.
- Inhale as you bring your arm back down to the bent elbow position.
- Perform desired number of reps on each side.



## upright row

- Stand with knees slightly bent, holding the kettlebell with both hands close together and palms facing you.
- Bend the elbows and pull the kettlebell up until it is at chest level. Your elbows should be slightly above the shoulders and the wrists straight.
- Lower the weight back into starting position.
- Perform desired number of reps.



## calf raises

- Stand straight with feet hip-distance apart. Hold the kettlebell with both hands close together and palms facing you.
- Press into the ground with the balls of your feet, lifting your heels off the ground.
- Raise your body up as high as you can so that you're balanced on the balls of your feet, your legs fully extended.
- Lower yourself back toward the ground, stopping just before your heels touch the floor.
- Perform desired number of reps.
- Note: by changing the angle of your feet you can target different parts of your calves. Performing calf raises with your toes pointed away from each other will emphasize the inner part of your calves and calf raises with your toes pointed toward each other will work the outer part.



## weighted pullover

- Lie flat on a bench or stability ball with your upper back, neck, and head fully supported.
- Hold the rounded section of the kettlebell firmly using both hands. Keep your arms in front of your body, locked at the elbows. Your body and arms should create a 90-degree angle as the basis for your start point.
- Keeping arms straight, inhale and lower the kettlebell behind head as far as you comfortably can, or ceasing when the weight is level with your head.
- Exhale as you return the kettlebell to the start position.
- Perform desired number of reps.



## backward lunges

- Stand straight with your feet shoulder width apart. Hold kettlebell at chest level with both hands cradling the rounded section.
- Slowly, take a large step backwards with your right foot.
- Lower your hips until your left thigh, which is in front, is parallel to the ground and hold for one count. Your left knee should be directly above your ankle. Your left foot should be pointed straight ahead and your right heel should be lifted.
- Pushing through your left leg, contract your glutes and hamstrings strongly to return to the starting position.
- Perform desired number of reps on each side.



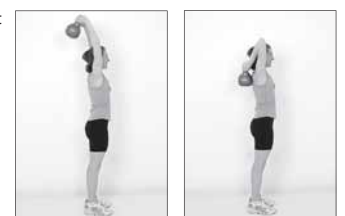
## single arm bicep curls

- Stand straight with your feet shoulder width apart. Hold the handle of the kettlebell in one hand, palm facing up.
- Keep your abdominal muscles tight and your back and torso still during the exercise.
- Lift the kettlebell slowly in a curling motion until your hand reaches your shoulder. At the top of the motion, contract your bicep muscle.
- Lower the kettlebell back to your starting position, arm extended toward the floor.
- Perform desired number of repetitions on each side.



## triceps extensions

- Begin by standing upright with feet shoulder width apart and a slight bend in the knees.
- Hold the kettlebell by the handle straight up overhead. Palm should be facing forward, back straight, core tight and shoulders square.
- Lower the kettlebell behind the head until elbows are at about 90 degree angles. Squeeze the triceps to straighten the arms without locking the joints.
- Perform desired number of reps.



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