

## 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.



## Empower is looking for real women just like you to be featured on our website, packaging, and in our advertising.

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.

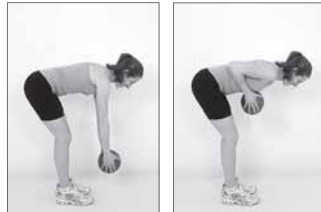
# MEDICINE BALL BOOT CAMP WORKOUT

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.

## back rows

- Holding the weighted ball with both hands, keep your back straight and bend at hips. Keep the lower back flat as you bend at the waist. Arms should be fully extended.
- Pull the weighted ball up towards chest keeping arms close to body. Elbows should extend up past back. Squeeze shoulder blades together and hold position for a count of 2.
- Return to starting position.
- Perform desired number of reps.



## summo squats

- Stand with your feet wider than shoulder width apart, toes pointed out and knees in line with your toes. Holding the weighted ball with both hands, 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 are back to starting position.
- Perform desired number of reps.



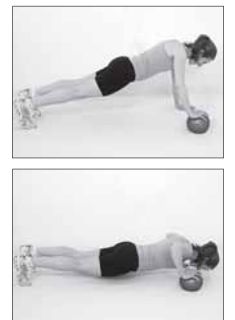
## weighted deadlifts

- Begin by standing upright with feet together and a slight bend in the knees.
- Hold weighted ball with both hands. Keep your arms straight, with weighted ball resting on the thighs.
- Bending at the hips, slowly lower the ball 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.



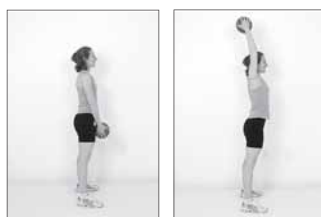
## 1-hand pushups

- Kneel on the floor with the medicine ball in front of you.
- Bend forward, placing one hand on the ball, keeping the fingers extended and the thumb on the top of the ball. Place the other hand on the floor about shoulder-width apart.
- Bring both legs back so they are fully extended, tucking your toes under so they are firmly planted on the ground. Make sure that the ball is positioned between the shoulder and the chest under the hand that holds it and your feet are positioned shoulder-width apart.
- Slowly bring your body towards the ground, making sure that your elbows bend out and are in line with your shoulders. Bring yourself down to a few inches from the ball, then push yourself back up.
- Perform desired number of reps.



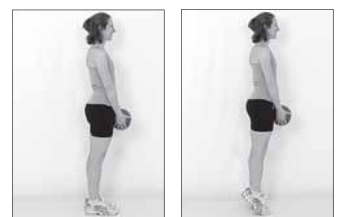
## front raise

- Stand with feet shoulder-width apart and knees slightly bent.
- Hold the weighted ball with both hands at waist level.
- Keeping your arms straight, slowly raise the ball in front of you until it is directly overhead.
- Slowly lower the ball.
- Perform desired number of reps.



## calf raises

- Stand straight with feet hip-distance apart. Hold the weighted ball with both hands at hip level.
- 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 weighted ball 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 weighted ball behind head as far as you comfortably can, or ceasing when the ball is level with your head.
- Exhale as you return the weighted ball to the start position.
- Perform desired number of reps.



## backward lunges

- Stand straight with your feet shoulder width apart. Hold weighted ball at chest level with both hands.
- 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.



## bicep curls

- Stand with feet hip-width apart and toes pointed out to the sides. Hold the weighted ball between your hands.
- Your elbows should be straight so that the weighted ball is positioned in front of your hips. Straighten your back and contract your abdominal muscles.
- Keeping your upper arms close to your body, bend your elbows to slowly lift the ball toward your chest while keeping tension on your biceps.
- Slowly lower the ball.
- Perform desired number of reps.



## triceps extensions

- Begin by standing upright with feet shoulder width apart and a slight bend in the knees.
- Hold the weighted ball straight up overhead with both hands, keep your back straight, core tight and shoulders square.
- Lower the ball 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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