

### 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!

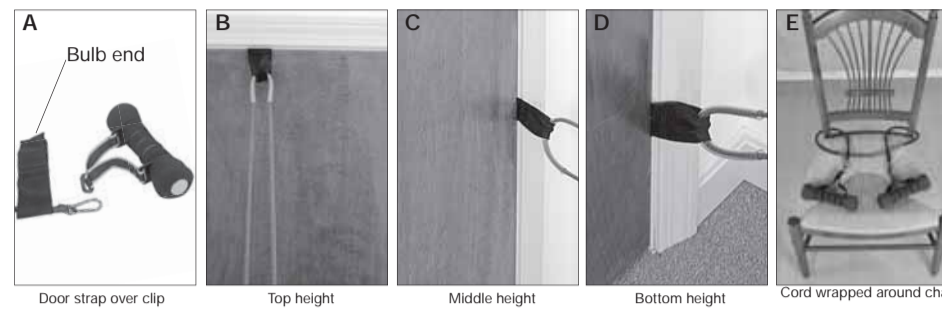
It's your moment of truth. Make your move to Empower. Visit [www.empowerfitness.com](http://www.empowerfitness.com)



SNAP IT

### USING DOOR STRAP

1. Unclip Turbo Tone handle and slip clip through the opening in the door strap (see A).
2. Replace handle. Place the bulb end (see B, C, D) of the door strap through an open door at the correct height for each exercise. **NEVER USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS TOWARD YOU, ALWAYS USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS OUT AWAY FROM YOU.**
3. Pull the door closed, locking the bulb end of the door strap on the other side of the door. **DO NOT ATTEMPT TO CLOSE THE BULB IN THE DOOR.**
4. Pull hard on the door strap to ensure it is locked into position prior to use.
5. For exercises using a chair, wrap Turbo Tone cord around chair back as pictured (see E).



### 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.

# TURBO TONE INTEGRATED STRENGTH WORKOUT

**What is an Integrated Strength Workout?** Empower's concentrated workout, designed specifically for women, engages all four limbs and the core in every movement. Simultaneously working the arms, legs, and core in every exercise, it helps your body burn more calories, and is the best way to quickly build lean muscle. This timesaving, total body workout is designed to improve strength, coordination, and balance. Exciting, energizing and FUN, the Empower formula is the most effective way to get fit FAST!

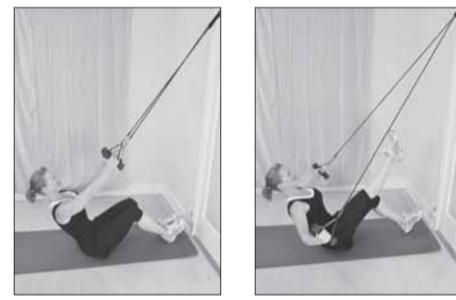
### snowplow with press-backs

- SHOULDERS, UPPER/MIDDLE BACK, TRICEPS, GLUTES, QUADS, HAMSTRINGS
- Stand facing door approximately 3 feet away with toes and knees turned inward, hips flexed, dumbbells in hands, palms down.
  - Press hips back into squat until knees press together.
  - Press arms downward and backward keeping elbows slightly bent, palms back.
  - Perform 6 reps and return to start. Do 2-3 sets of 6 reps.
- Tip: Keep chest lifted. Knees should press together to keep glutes contracted throughout movement.**



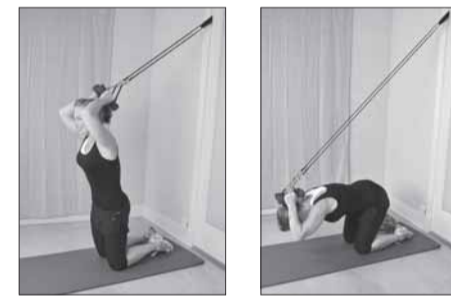
### v-seat with rear fly and knee extension

- SHOULDERS, UPPER CHEST, CORE, LOWER BACK, QUADS
- Sit on mat, knees bent, feet flexed, arms extended, grasping dumbbells w/palms facing in.
  - Lean back, maintaining neutral spine, and pause.
  - Draw arms open to side of chest while extending right knee.
  - Return to holding position and repeat movement with the left knee extended.
  - Perform alternating pattern 6 times. Do up to 3 sets.
- Tip: Keep spine neutral, core engaged throughout.**



### kneeling hip hinge with core crunch

- GLUTES, CORE
- Kneel with knees slightly apart, feet together, hips extended, arms lifted overhead with elbows bent back at 90 degree angle, palms facing in.
  - Bend forward pressing hips back and down to contract core and pause.
  - Pulse up and down 2 times using small range of motion to keep the core engaged.
  - Return to start. Perform 6 times. Do up to 3 sets.
- Tip: Adjust knee position for maximum comfort. Keep core engaged.**



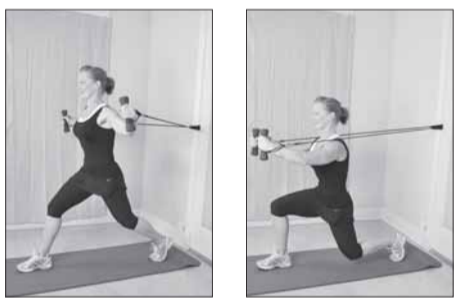
### hip hinge with front angle press

- TRICEPS, LOWER BACK, GLUTES
- Stand with back to door approximately 12-18 inches away.
  - Bend knee of one leg and place heel against door frame to brace for balance, arms at shoulder level, elbows bent, palms facing out.
  - Push hips back and slowly bend forward.
  - Pause in the hip hinge position.
  - Extend arms and press Turbo Tone forward over the head 6 times.
  - Return to start. Do 2 sets of 6 on each leg.
- Tip: Maintain pressure of bracing foot for optimal balance. Avoid arching back during movement. Keep slight bend in knee of supporting leg.**



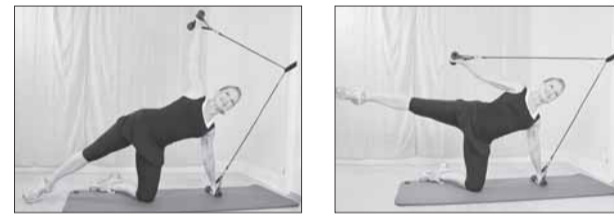
### lunge with chest press

- CHEST, FRONT SHOULDERS, GLUTES, QUADS, HAMSTRINGS
- Stand with feet staggered wide, rear heel lifted, knees soft, arms lifted out to sides, elbows slightly bent, palms forward.
  - Lower hips toward floor and pause at bottom of lunge.
  - Draw arms together in front of chest, release arms and straighten legs to return to start.
  - Perform 7 times. Repeat sequence with opposite leg. Do up to 2 sets.
- Tip: Tuck hip slightly under and keep chest lifted. Do not allow knee of front leg to extend beyond the toes.**



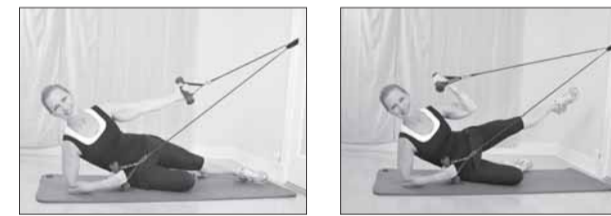
### 3-point kneeling pull-down and hip lift

- CORE, OBLIQUES, SHOULDERS, INNER THIGHS
- Kneel with head toward door, turn to one side, weight supported on knee and hand of lower arm, top leg extended with toe touching ground, upper arm extended straight up.
  - Engage core and lift bottom ankle slightly off ground and pause.
  - Lift top leg to hip level and pulse Turbo Tone toward knee keeping arm straight.
  - Pulse for 16 counts. Repeat sequence on opposite side. Perform 2-3 sets each side.
- Tip: Keep hips stacked on top of each other, shoulder of lower arm in line with the hand, avoid leaning forward toward floor with upper body.**



### side-lying leg raise and bicep curl

- BICEPS, OUTER THIGHS
- Lie on one side braced over forearm, bottom knee bent, hips stacked, top leg extended, upper arm extended, palm up.
  - Turbo Tone cord should be taut.
  - Press slightly into bottom hip to engage core and tilt hips under and pause.
  - Curl upper arm inward toward shoulder while raising top leg, lower to start position.
  - Repeat 7 times. Perform sequence on opposite side. Do up to 3 sets each side.
- Tip: Avoid rotating hips and using momentum during work phase.**



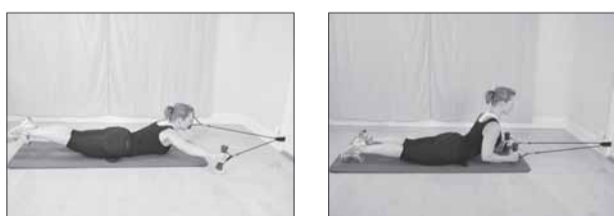
### leg dips with bicep curl

- BICEPS, GLUTES
- Stand facing door about 3-4 feet away in staggered position with weight on rear foot and front toe touching ground, arms extended, palms up.
  - Flex hips and sit back onto rear foot. Pause with cord in tension.
  - Curl arms upward to chest level and lower. Repeat 7 times.
  - Extend hips and return to start position.
  - Do 2-3 sets.
- Tip: Keep weight centered over rear heel to avoid knee bending past toes.**



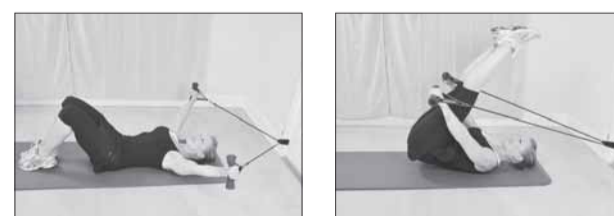
### leg raise with torso lift

- SHOULDERS, CHEST, LOWER BACK, GLUTES
- Lie face down 3-4 feet from door with legs extended and arms wide, palms facing inward and dumbbells vertical.
  - Lift feet and chest off ground, point toes and pause.
  - Draw dumbbells to mat, allow legs to lower back to ground, prop bodyweight against hands and lift to pull chest off mat and pause.
  - Release to start position and repeat 7 times. Do up to 2 sets.
- Tip: Avoid hyper-extending at spine by keeping core muscles engaged and chin level at top of movement.**



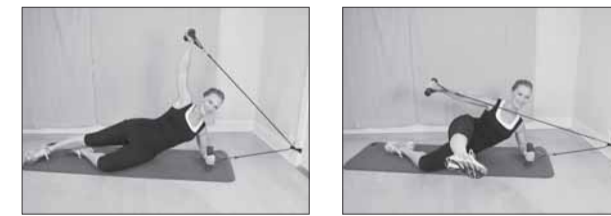
### hip lift with arm arc

- SHOULDERS, CORE, LOWER ABS
- Lie face up, knees bent, feet on floor with heels lifted, arms extended and open at shoulder, palms facing away from door.
  - Engage core and tilt hips toward chest and pause.
  - Straighten and lift legs, raising hips a few inches off ground while pulling arms downward past sides to finish behind legs.
  - Return to hold position. Repeat 7 times. Do up to 3 sets.
- Tip: Keep core engage, avoid using momentum to initiate movement.**



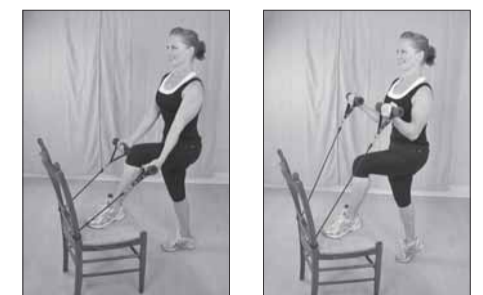
### side lying leg swing and press back

- SHOULDERS, UPPER BACK, LOWER ABS, HIP ABDUCTORS
- Lie on side with head toward door, weight supported on bottom forearm and leg, knee bent, upper leg straight, upper arm extended overhead with dumbbell facing away from door.
  - Tilt hips under, engage core, curl bottom leg back and pause.
  - Swing top leg to front. Lower top arm and press dumbbell behind torso.
  - Repeat 7 times and up to 3 sets. Repeat on other side.
- Tip: Keep weight bearing shoulder lifted and hips stacked.**



### calf raise with bicep curl

- BICEPS, CALVES
- Stand facing chair, one foot on center of seat, arms extended at sides with dumbbell in hands, palms rotating slightly upward.
  - Engage core, lift rear heel to shift weight onto chair foot.
  - Curl arms towards chest 3 times then lower heel to start position.
- Tip: Push chair against wall for greater stability. Keep weight forward onto lifted foot and press downward rather than forward onto chair.**



### seated overhead press with knee extension

- SHOULDERS, CORE, QUADS
- Sit on chair with feet on floor and weight centered, arms lifted to shoulder level, elbows bent, palms forward.
  - Lift heels off ground to engage core, open chest, and pause.
  - Extend one knee and press dumbbells overhead 3 times and return to hold position.
  - Repeat on opposite leg. Perform 7 times and up to 3 sets.
- Tip: Keep inside of knees together, core engaged, and avoid arching back.**



### seated torso curl

- Core, Upper/Lower Abs
- Sit in chair with feet together on floor and dumbbells grasped behind head, elbows bent to the back.
  - Draw belly into spine. Pause.
  - Lift heels and curl upper torso towards knees.
  - Return to start. Repeat 12-15 times and up to 3 sets.
- Tip: Keep dumbbells tucked next to back of head and neck throughout the movement.**



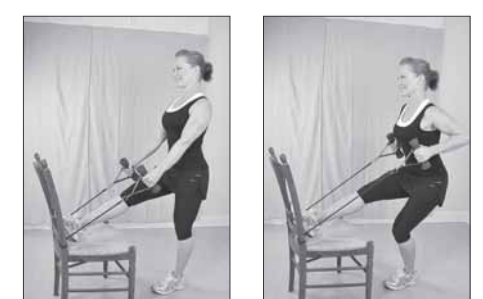
### seated tricep extension with inner thigh lift

- CORE, TRICEPS, QUADS, INNER THIGHS
- Sit in chair with feet together on floor and dumbbells grasped behind head, elbows bent to the back.
  - Draw belly into spine with back slightly rounded. Brace upper back against back of chair. Pause.
  - Straighten elbows to extend arms overhead, palms facing in, while lifting one leg up and out to the side, inner knee facing up.
  - Lower to start position and repeat with opposite leg. Do 14-18 reps and up to 2 sets.
- Tip: Keep elbows close to sides of head throughout the movement.**



### single leg squat with row

- UPPER/MIDDLE BACK, GLUTES, QUADS
- Stand facing chair seat, one leg lifted and extended with foot against the chair back for bracing.
  - Arms extended, hold dumbbells in front of hips. Engage core and sit into heel of rear foot. Pause.
  - Press back into a semi-squat and draw elbows back pulling dumbbells toward sides of torso 3 times.
  - Return to start position and repeat 7 times, up to 2 sets. Repeat on opposite leg.
- Tip: Push chair against wall for greater stability. Keep chest lifted, weight shifted onto standing leg and knee of rear foot over ankle.**



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