



SNAP IT

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 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

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.

When using your Turbo Tone Dumbbells outside, be sure that the plastic cover on the cord is what comes in contact a pole or tree. If cord comes in contact with rough surface it will cause wear and result in the cord breaking. Cord should be inspected prior to use for wear spots or tears—especially when being used outside.

TURBO TONE INTEGRATED CIRCUIT WORKOUT

What is an integrated circuit workout? It is Empower's concentrated workout, designed specifically for women, that combines cardio intervals (the best way to burn fat) with integrated strength training (the best way to build lean muscle). Cardio elevates your heart rate and gets you sweating. Integrated strength training engages all four limbs and the core in every movement—working your arms, legs, and middle simultaneously to build lean muscle. Empower uniquely combines these two proven methods of exercise for the ultimate body transforming workout that gives you maximum calorie combustion. Exciting, energizing, and FUN, the Empower formula is the most effective way to get fit FAST!

Warm up

Start gradually and walk continuously at a moderate pace for five minutes until the body becomes accustomed to the terrain and muscles are warmed up properly.

Steady state walking

Done at a moderate pace for up to 4 minutes as recovery between cycles.

Interval walking

Beginners, walk briskly for 30 seconds; Intermediate, walk briskly for 60 seconds; Advanced, walk 90 seconds. Recover by walking briefly at a slow to moderate pace for up to 30 seconds.

Reps for strength moves

Beginners: 8-12 repetitions, one set; intermediate: 12-15 repetitions, 2 sets; advanced: 15-18 reps, 3 sets.

Tip: To add intensity, use handweights for walking. Disconnect the handweights from the cord and tie or clip the cord around your waist so it's ready for you to reconnect when doing the strength moves.

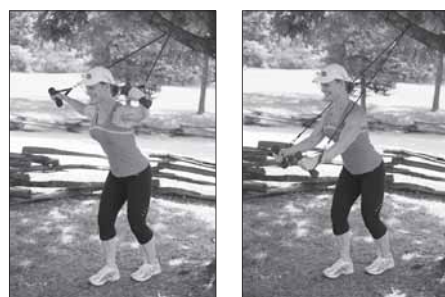
Note: If your body is not ready to move on to the next exercise after interval walking, perform steady state walking until you are ready to move on to the next cycle.

cycle 1 Interval walking for desired time.

chest flies

- Wrap the Turbo Tone cord around a high branch that arcs upward and face away with feet in staggered position (one foot in front of the other) grasping the dumbbells in each hand, palms down, arms extended with elbows soft.
- Slowly draw the arms together in front of the body to close in front of the chest, pause and return to start.

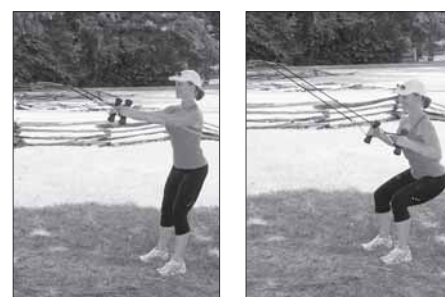
Tip: Keep spine neutral, core engaged and elbows soft. Avoid using momentum or gravity to initiate movement.



squat and hold retraction

- Wrap the Turbo Tone cord around a small tree trunk or pole at head level and step back until cord is taut.
- Palms should face inward with arms extended and feet shoulder width apart.
- Slowly press hips back into squat and hold.
- Pull arms toward rib cage, contracting upper back and pause 3 seconds.
- Extend arms, straighten legs and return to starting position.

Tip: Keep shoulders retracted during entire hold. Keep weight back on heels with knees behind toes.



cycle 2 Interval walking for desired time.

bench push up

- Assume plank/pushup position.
- Bend elbows and lower chest toward bench seat, pause, extend elbows and return to start position.

Tip: Keep core engaged and only lower the upper body until elbows are at 90 degrees.



rear lunge with low row

- Wrap the Turbo Tone cord around a small tree trunk or pole at waist height.
- Face forward positioning one foot in front of the other with arms extended and palms facing inward.
- Bend both knees and lower body toward ground, pause in lunge and pull Turbo Tone dumbbells toward midline, pause, extend arms and extend legs back to starting position.

Tip: Engage core to stabilize and maintain balance during upper body movement pattern.



cycle 3 Interval walking for desired time.

standing chest press

- Wrap the Turbo Tone cord around a small tree trunk or pole at head level, face away with feet together, knees soft, grasping the dumbbells in each hand, palms downward, elbows bent, leaning forward.
- Straighten elbows and extend arms to pause at shoulder level, reverse and return to start.

Tip: Keep core engaged and maintain slight forward lean from hips throughout movement.



squat with mid row

- Wrap the Turbo Tone cord around a small tree trunk or pole at chest level and step back until Turbo Tone cord is taut, palms facing inward, arms extended and feet shoulder distance apart.
- Bend both knees and lower body toward ground, pause in lunge and pull Turbo Tone dumbbells toward midline, pause, extend arms, extend legs back to starting position.

Tip: Lower body slowly and with control. Engage core to stabilize and maintain balance during upper body movement pattern.



cycle 4 Interval walking for desired time.

one arm row

- Bend forward and place left foot on bench seat with right foot extended behind and grasp Turbo Tone dumbbells in right hand, arm extended down and left hand on opposite upper thigh.
- Slowly pull elbow toward hip until elbow passes waistline, pause briefly and return to start.
- Repeat with left arm.

Tip: Keep core engaged and only lower the upper body until elbows are at 90 degrees.



cycle 5 Interval walking for desired time.

cross chop with side lunge

- Wrap the Turbo Tone cord around a small tree trunk or pole at shoulder level and lunge sideways to right side, until Turbo Tone cord is taut with bent arms crossing chest at left side, palms facing each other, right knee slightly bent.
- Slowly lunge into right leg as arms sweep past chest and finish at right hip line, pause briefly and return to start.
- Repeat with left side.

Tip: Keep core engaged and maintain erect torso throughout movement. Adjust tension if needed.

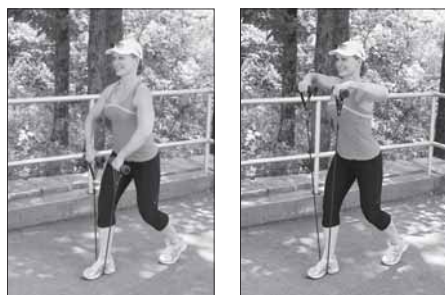


cycle 6 Interval walking for desired time.

upright row in scissor stance

- Place right foot in front of left in modified lunge position, cord under arch of front foot, Turbo Tone dumbbells in front of hips, palms in and fists together.
- Engage core and slowly pull elbows upward to stop at shoulder height, pause briefly then return to start.
- Repeat on opposite side.

Tip: Maintain firm contact with foot and avoid lifting elbows beyond shoulder height.



cycle 7 Interval walking for desired time.

walking bicep curl

- Remove dumbbells from Turbo Tone cord.
- While steady state walking, bend elbows and alternate curls toward shoulders, performing 16-36 pumps, lower arms, continue walking for 1 minute and repeat sequence 2 more times.
- Beginners: 16 repetitions, one set; Intermediate: 24 repetitions, 2 sets; Advanced: 32 reps, 3 sets.

Tip: Keep chest lifted, core engaged, and keep walking speed consistent.



cycle 8 Interval walking for desired time.

tricep extension

- Bend forward and place left foot on bench seat with right foot extended behind and grasp dumbbells in right hand, elbow bent at waist and left hand on left thigh.
- Extend elbow and slowly straighten arm directly behind body, pause at full extension then return to start.
- Repeat on opposite side.

Tip: Keep back and neck neutral, avoid letting elbow drop below waistline.



cycle 9 Interval walking for desired time.

walking lateral raise

- Remove dumbbell from Turbo Tone cord. Hold arms at sides with palms in.
- While steady state walking, lift arms out to sides of body to finish at shoulder height then return to start position.
- Beginners: 8-12 repetitions, one set; Intermediate: 12-15 repetitions, up to 2 sets; Advanced: 15-18 repetitions and up to 3 sets.

Tip: Keep core engaged. Avoid using momentum to raise arms and keep walking speed consistent.



cycle 10 Interval walking for desired time.

seated rear flye

- Sit at corner of bench with knees bent with upper body flexed forward at hips, arms down at sides, Turbo Tone dumbbells in hands and palms in.
- Slowly lift arms out to sides to finish at shoulder level, return to start.

Tip: Keep head and neck aligned. Avoid using momentum to initiate movement.



bicep curl with scissor stance

- Place one foot in front of the other in modified lunge position with cord wrapped under arch of rear foot, Turbo Tone dumbbells in hands at sides and palm up.
- Engage core and slowly curl arms toward shoulders, lower back to starting position.

Tip: Maintain slight heel press toward ground during upward phase of curls.

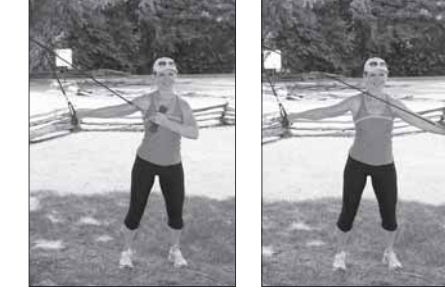


cycle 11 Interval walking for desired time.

external shoulder rotation

- Wrap a Turbo Tone cord around a small tree trunk or pole at shoulder level and stand sideways, with feet apart, left arm extended, right arm bent in front of chest, palm in and tube taut.
- Slowly open right arm to right side of body keeping arm bent and elbow tucked against rib cage.
- Repeat on opposite side.

Tip: Keep core engaged and maintain erect torso throughout movement. Adjust tension if needed.



cycle 12 Interval walking for desired time.

walking overhead press

- Remove dumbbells from Turbo Tone cord, holding at shoulders, palms in.
- While steady state walking, press arms overhead until they are fully extended, then return to starting position.

Tip: Keep core engaged, avoid arching back at top of movement and keep walking speed consistent.



cool down

Slow walking pace and stroll for 3-5 minutes to gradually reduce core heat and reduce heart rate.

slow stretch

Perform stretches for muscle groups used during workout. (see stretches at www.empowerfitness.com)

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