

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.

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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.

ULTIMATE FAT BURNING CIRCUIT PROGRAM

This circuit workout includes 12 strength/cardio exercise stations that are completed one right after the other, with little or no rest in between. Once you have completed all exercises, you have completed one circuit. Starting out, you can choose to do only one or two circuits and then progress to three or more. As you progress, you can also increase your time per exercise station to suit your fitness level.

Number of Exercise Stations in Circuit: 12

Time for Each Exercise Station: 30 seconds (beginner), 45 seconds (intermediate), 60 seconds (advanced)

Time for Each Circuit: 6–12 minutes (approximately)

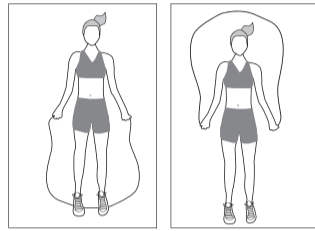
Number of Circuits in a Workout: Three; but start with one or two and work up as you progress

Muscle Groups Targeted: legs, back, chest, shoulders, arms, glutes, abdominals

basic jump rope

LEGS, CORE, SHOULDERS, ARMS

- Swing the jump rope over your head and jump as it passes your feet.
- Land evenly on both feet.
- Continue this pattern for the selected duration of this station.



medicine ball lunge with overhead press

LEGS GLUTES/HIPS, SHOULDERS, CORE

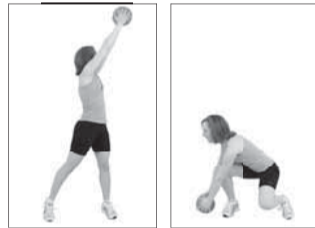
- Stand up straight with feet together. Hold a medicine ball in front of your chest with both hands.
- Keep your abs pulled in and take a big step forward with your right foot. Lower your hips straight down so your torso is perpendicular to the floor and your weight is on the right foot; simultaneously lift the medicine ball straight over your head.
- Pull the medicine ball back toward your chest while stepping your right leg back so you end in the starting position.
- Do five reps then repeat stepping forward with your left foot.
- Continue this pattern for the selected duration of this station.



diagonal chops

LEGS, GLUTES/HIPS, CORE, CHEST, SHOULDERS

- Start with medicine ball behind and above left shoulder.
- Keeping weight over your heels and bending slightly at your knee, move the ball diagonally across the body, ending near ankle of right leg.
- Return to starting position. Perform 10 reps moving in this direction, then switch direction for 10 reps.
- Continue this pattern for the selected duration of this station.



seated triceps extension

TRICEPS, CORE

- Sit in the center of the Ultimate Abs Ball with knees directly over ankles; feet on floor, hip-width apart.
- Hold the medicine ball with both hands, keep your back straight, core tight, and shoulders square.
- Bring the medicine ball straight up overhead with the arms next to the ears.
- Lower the medicine ball behind the head.
- Squeeze the triceps to straighten the arms without locking the joints.
- Continue this pattern for the selected duration of this station.



pullovers

CHEST, SHOULDERS, CORE, TRICEPS

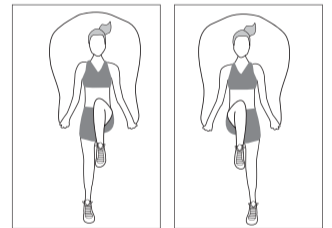
- Assume starting position as shown by holding the medicine ball above your chest and lying on ultimate abs ball with your upper back, neck, and head fully supported.
- Keep abs contracted, and lift lower body to form a flat surface with your torso.
- Keeping arms straight, stretch medicine ball behind head as far as you comfortably can reach.
- Return to start position and continue this pattern for the selected duration of this station.



high-step jump

LEGS, CORE, SHOULDERS, ARMS

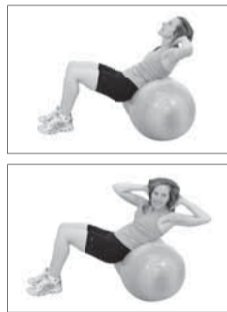
- Swing the jump rope over your head, jumping as it passes your feet.
- Alternately raise each knee to a 90-degree angle while jumping.
- Continue this pattern for the selected duration of this station.



ball crunch with 3-way rotations

CORE

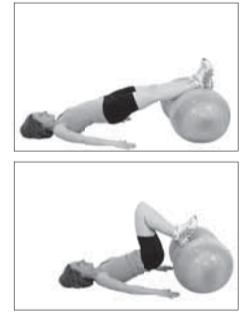
- Lie with ball under lower back and knees directly over ankles; feet on floor, hip-width apart.
- Extend back over center curve of ball and lightly place fingers behind head.
- Draw-in belly button and crunch upper body forward and up towards ceiling being careful not to pull on your neck. Return to center.
- Crunch up again, rotating upper body to one side, then return to center. Repeat same move, this time rotating to opposite side.
- Continue this pattern for the selected duration of this station.



ultimate abs ball hamstring curls

LEGS, GLUTES/HIPS, CORE

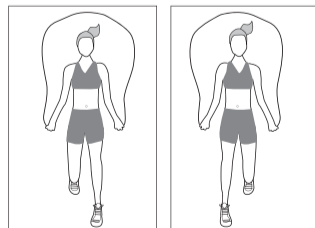
- Lie on the floor with arms beside you and calves in the center of the Ultimate Abs Ball.
- Lift your backside up without arching your back (keep your abdominals tight for support).
- With hips still raised, bend your knees and roll the ball toward you with your feet until it rolls from your calves to your heels.
- Slowly return to the starting position.
- Continue this pattern for the selected duration of this station.



alternating foot jump

LEGS, CORE, SHOULDERS, ARMS

- Swing the jump rope over your head and jump as it passes your feet.
- Land on your right foot. On the next rotation, land on your left.
- Continue this pattern for the selected duration of this station.



squat with medicine bicep curl

LEGS, GLUTES/HIPS, BICEPS

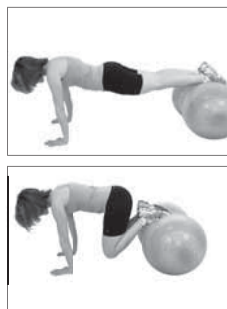
- Stand with feet hip-width apart and toes pointed out to the sides. Hold the medicine ball between your hands at chest height.
- Keep back straight and contract your abdominal muscles.
- Keeping your upper arms close to your body, bend your elbows to slowly lift the ball toward your chest. Simultaneously, bend knees into a squat and lower medicine ball toward floor. Keep weight shifted on heels so body does not lean forward.
- Slowly return to starting position by straightening your knees and raising the ball back up.
- Continue this pattern for the selected duration of this station.



ultimate abs ball pull-ins

CORE, LEGS

- Place your hands on the floor directly under your shoulders. Place your shins and top of feet in the center of the Ultimate Abs Ball.
- Tighten all muscles and hold the body like a plank. While keeping your core tight and back flat, pull the abs ball towards your chest by bending the knees.
- The Ultimate Abs Ball will roll from the shins to toes as your abs do the work.
- Hold for a second and roll the ball out until your legs return to starting position.
- Continue this pattern for the selected duration of this station.



lower back extension

BACK, CORE

- Position the Ultimate Abs Ball under your hips and lower torso with your knees straight and legs about shoulder-width apart. For added stability brace feet against wall.
- Position your hands behind your head with fingers laced in a traditional sit-up position and slowly lower head toward floor.
- Carefully straighten your back, lifting your upper body off the ball so just your lower abs are touching the Ultimate Abs Ball. Squeeze your glutes and lower back to complete this movement. Make sure your body is in alignment (i.e., head, neck, shoulders and back are in a straight line).
- Hold for a 3 second count.
- Continue this pattern for the selected duration of this station.

