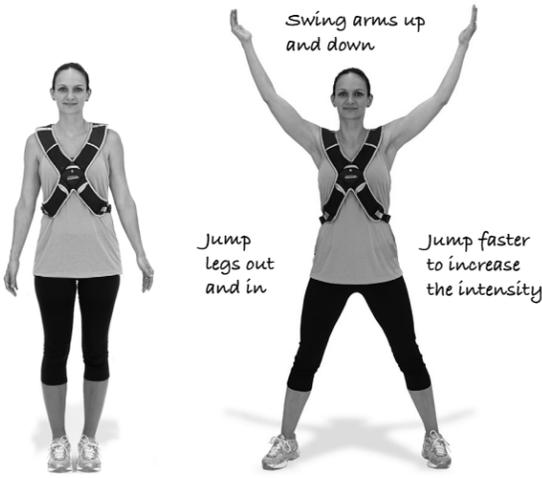




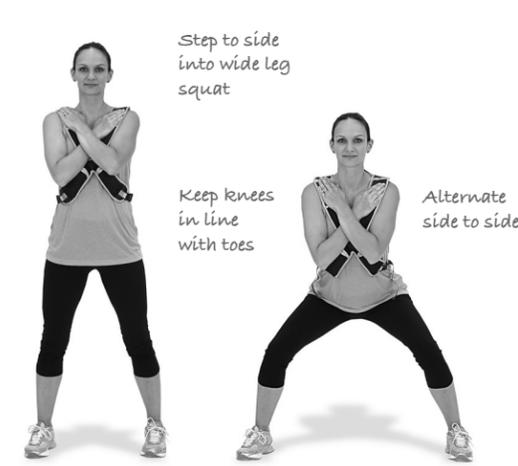
WEIGHTED VEST TOTAL BODY WORKOUT

- Perform each strength move for 30 seconds—slow & controlled—no rest between moves
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times or perform each move for 45–60 seconds

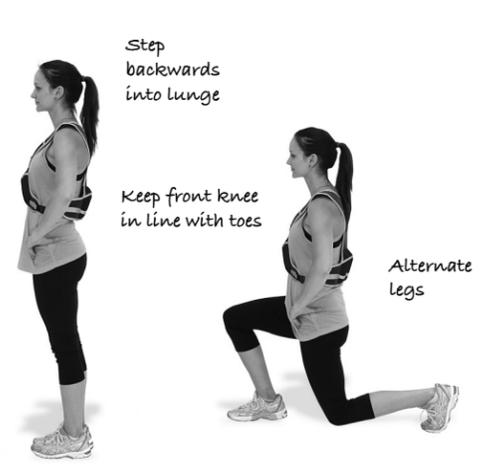
jumping jacks total body



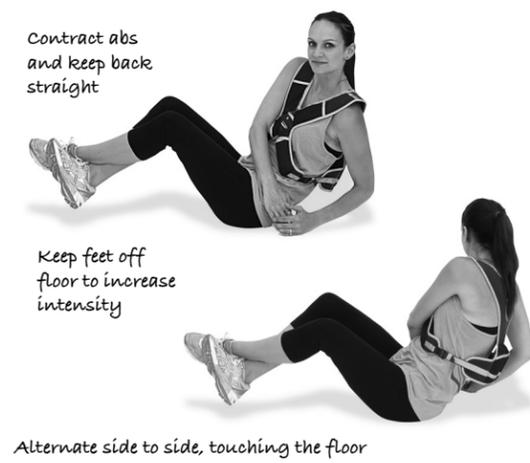
sumo side squat thighs, butt, hips, core



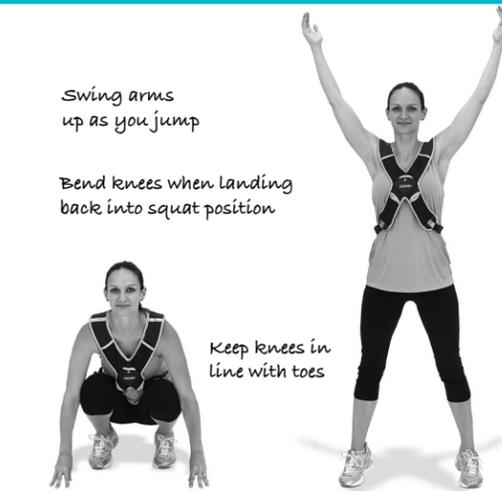
alternating reverse lunge legs, butt, quads



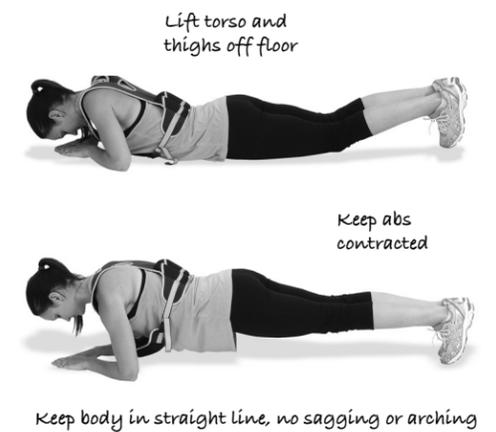
oblique twists core, obliques



jump squats butt, hips, legs

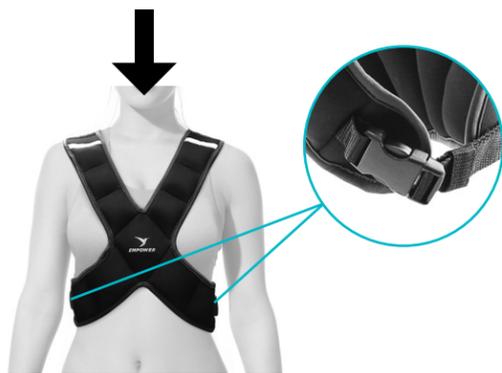


plank abs, entire core



WEIGHTED VEST INSTRUCTIONS

- Put vest on over head & attach side clips.
- Pull all straps tight to prevent vest from bouncing or sagging
- Slide strap holder sleeves back to keep the excess strap material in place



If you purchased our 16lb adjustable vest:

- Vest adjusts from 10lbs, 12lbs, 14lbs or 16lbs
- There are 6 removable weight pouches - 3 in the front and 3 in the back

When adjusting weight, always add/remove weights from front & back pockets to keep weight evenly distributed

VEST CHALLENGE!

Wear vest while cleaning your house or going for a walk

WARNINGS:

- Consult your physician before starting this or any exercise program.
- Consult a certified personal trainer if unsure of how to perform any exercise. Gradually increase difficulty.
- Frequent strenuous exercise should be approved by your doctor.
- Store product away from children under 16 when not in use.
- Do not use this product for physical contact with any other person or object.
- **FAILURE TO FOLLOW ALL INSTRUCTIONS COULD RESULT IN SERIOUS BODILY INJURY.**

WARNING: Cancer and Reproductive Harm
-www.P65Warnings.ca.gov

GUIDELINES:

- Always keep back flat & abs tight. Do not arch back while performing these exercises.
- Wear proper clothing.
- Maintain proper form for each exercise.
- Perform all exercises in a slow, controlled manner—keeping back flat and core tight.
- Always lift with your legs, not your back.
- You should gradually increase the difficulty of your fitness routine.
- Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness.
- Mix & match workouts to vary your exercise routine.

CUSTOMER RESOURCES:

- Find more unique fitness products and workouts at: empowerfitness.com
- Find answers to FAQ's on our website at: empowerfitness.com/support
- Need more personalized attention? Contact us via email at: empower@w4healthgroup.com

Welcome to our EMPOWER family!

FREE BONUS GIFTS

- ✓ More Workout Guides
- ✓ Workout Videos
- ✓ Healthy Recipes
- ✓ Healthy Cooking Demos
- ✓ Fitness Challenges
- ✓ Nutrition Challenges
- ✓ Private Community Page
- ✓ Support from a Certified Health Coach



Scan code or visit website below
empowerfitness.com/myfreestuff



W4 Health Group, Inc.
empowerfitness.com