



**Recover, Recharge, & Renew**  
 your body and mind with RE by Empower. Soothe everyday aches & pains; reduce tension & stress; and improve your overall health.

**WARNINGS & INSTRUCTIONS**

**PLEASE READ AND FOLLOW THESE IMPORTANT WARNINGS AND INSTRUCTIONS BEFORE USING THIS PRODUCT.**

These warnings, combined with a common sense approach, and in conjunction with your doctors advice, should reduce the likelihood of an injury. Proper use of this product is essential. Please do not allow children under the age of 16 to use this product in any way. Store equipment properly and away from children when not in use. Always wear proper clothing. Do not wear loose clothing that could become caught during use. Periodic maintenance is required on all equipment in order to keep it in good condition. Inspect product for cuts, tears, or abrasions prior to each use. *We recommend using protective eye-wear when using the product as a caution against elasticized cords breaking, tearing or being mistakenly misused.*

**TIPS FOR A SUCCESSFUL PROGRAM**

- It is always recommended to consult with your doctor or massage therapist before starting an at-home muscle relief practice.
- 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 specialist if unsure of how to perform any of the exercises.
- Roll over the muscle for 60-90 seconds. If a painful spot is found stop rolling, but continue to apply pressure to the muscle using the massage product. Apply pressure for 20-30 seconds before rolling again. Always remember to maintain a strong, engaged core.
- These products are designed for muscle relief. Sensitivity issues may be experienced around the neck, lower back and in some other areas of joints and should be treated through your doctor or massage therapist.
- If the applied pressure during product use is too soft, the muscle will not receive proper massage activation. If the applied pressure is too hard, bruising may occur, which may lead to further inflammation and pain. You should choose an applied pressure appropriate to the tightness and state of the muscle. It should be noticeable, but not excruciating.
- The muscles may experience some soreness. Muscles should feel like they have been worked and fatigued, but not to the point of excessive, ordinary post-workout soreness. After rolling, eat plenty of nutrient rich foods, such as green leafy vegetables, along with plenty of water and rest. Wait 24-48 hours before focusing on the same muscle area again.
- Tightness in the body restricts efficient movement. Substantial improvements can be experienced in everyday life when a regular rolling routine is implemented. Improvements can be seen in flexibility, overall muscular function, and performance.

# BETTER BACK & CORE WORKOUT GUIDE

**Bridge Pose with Squeezes**

- Lying on your back, bend both knees and place feet flat on floor.
- Place the Better Back & Core Ball in between your knees and rest arms at your sides, palms facing down.
- Press feet into floor and exhale as you lift hips up, rolling spine off floor.
- Using your inner thighs, squeeze ball between your knees and hold for a count of three.
- Slowly lower back to floor and repeat.
- Perform 10 reps.
- To advance, rise to bridge pose and squeeze ball 5 times before releasing back to floor.



**Toe Touches**

- Lying flat on your back, with your hands resting at your sides, palms facing down, bring knees into chest and then straighten legs toward ceiling.
- Place the Better Back & Core Ball between your ankles and gently squeeze it to keep it in place.
- Using your core not your neck, contract abdominals and lift shoulders off floor, reaching up toward ball.
- Lower and repeat.
- Perform 10 reps.
- To advance, squeeze both ends of ball between palms, reaching up toward toes with ball.



**Glute Squeezes**

- Lie on your stomach with your hands resting under chin.
- Bend one leg and place the Better Back & Core Ball behind knee, gently squeezing it into place between hamstring and calf muscles.
- Keeping hips planted on floor, flex foot and squeeze ball.
- Hold for a count of 3 and release.
- Perform 10 reps, then switch to other leg.
- To advance, keeping hips planted on floor, squeeze heel toward ceiling and lift knee off floor.



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