



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 a new exercise routine. If any discomfort should result from your use of this product, stop exercising and consult your doctor.
- 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.
- Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during 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.
- The muscles may experience some soreness. Muscles should feel like they have been worked and fatigued. After exercising, eat plenty of nutrient rich foods, such as green leafy vegetables, along with plenty of water and rest. Allow at least 24 hours between strength training workouts to allow body to recover.

FLEX & STRETCH RESISTANCE BANDS WORKOUT GUIDE

Double Leg Drop

- Lie on your back, place bands across balls of feet and extend legs up to sky.
- Turn legs out so heels are together and toes apart; squeeze legs together.
- Curl upper body off mat as you tighten your abs.
- Inhale as you slowly lower legs to about a 45-degree angle.
- As you exhale, slowly lift legs back up to starting position.
- The lower you extend your legs, the more challenging the exercise.
- Complete 6–8 reps.
- When finished, hug knees to chest and lay your head down.
- To modify, keep upper body flat on floor.



The Hundred

- Lie on your back with knees bent toward chest; wrap band around balls of feet.
- The tighter you hold the band, the more challenging the movement will be.
- Curl upper body off mat as you tighten your abs.
- Extend legs at about a 45-degree angle; keep your back on the floor at all times.
- Throughout the exercise, arms stay extended.
- Holding the core tight, pump the arms up and down.
- Inhale for 5 pumps and exhale for 5 pumps, working toward 10 complete cycles to hit 100.
- When finished, hug knees to chest and lay head down.
- To modify, keep upper body flat on floor.
- If you feel lower back pain, lift legs higher toward sky.



Plank with Leg Lift

- Start on all fours; place band across upper back holding one end in each hand.
- The tension should feel snug across the back when you bring yourself into a plank position, hands just outside shoulders, hips down, abs tight and neck neutral.
- Slowly lift one leg off floor, inhale and pulse leg twice.
- Exhale and lower leg to floor; switch sides.
- Complete 2–6 reps on each side while maintaining a strong plank position.
- The exercise is challenging in its basic version, so perform without bands prior to adding resistance.



Double Shoulder Pull Down

- Stand with your feet hip-distance apart, abs tight, knees slightly bent.
- Grip the band in each hand with a wide grip, elbows bent.
- Exhale and slowly pull the arms out and down, aligning your arms with your shoulders.
- Inhale and slowly bring the arms up to starting position.
- Complete 6–8 reps
- To modify, only lower arms to a comfortable position.



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