



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!

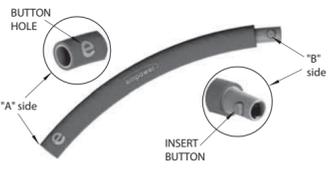
It's your moment of truth. Make your move to Empower. Visit www.empowerfitness.com

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. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect hoop 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. **THIS PRODUCT IS FOR ADULT USE ONLY. PLEASE KEEP PRODUCT AWAY FROM CHILDREN AGE 16 OR UNDER. ALWAYS STORE PRODUCT WHEN NOT IN USE. NOTE: Slight tenderness may occur around your mid-section when you first start using the hoop. This is perfectly normal and will lessen over time.**

CARDIO CORE HOOP ASSEMBLY INSTRUCTIONS

Your hoop consists of 8 easily assembled sections. Each section has an "A" side and a "B" side. The "A" side has a BUTTON HOLE and the "B" side has a corresponding INSERT BUTTON. (Note: The BUTTON HOLE is under the foam on the "A" side of the section.)



To assemble, depress the INSERT BUTTON, as shown below. With the INSERT BUTTON fully depressed, connect the "A" side of one section to the "B" side of another section until the INSERT BUTTON snaps through the BUTTON HOLE. (Note: You should be able to feel the BUTTON through the foam or you may need to pull the foam back slightly to ensure the BUTTON is locked into the HOLE.) Continue the above steps with the remaining 6 sections.



To disassemble your hoop for travel or storage, locate and depress the INSERT BUTTON. While depressing the INSERT BUTTON, simply pull the 2 sections apart.

PROPER STANCE FOR BRISK HOOPING



Split stance

Horse stance

CARDIO & STRENGTH HOOP WORKOUT

- Beginners should start with 10-12 repetitions. To progress, add a second set for each exercise.
- Allow at least 24 hours between strength training workouts to allow the body to recover.
- Muscle soreness is common 24-48 hours after a strength training workout. Stretching can help reduce soreness.
- Supplement your strength training with a cardiovascular program, performing at least 20-30 minutes of cardio, 3-4 days a week.

- If you are just beginning a cardio program, start slowly and gradually increase your duration and frequency (times per week).
- Proper nutrition is essential for making healthy, permanent changes to your life and body. Eat 5-6 small, well-balanced meals throughout the day.
- Always start your day with water. Drink water throughout the day including before, during, and after your workout.

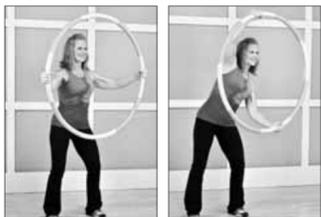
cycle 1

Hoop briskly for up to 3 minutes in a split lunge stance, with your dominant foot in front.

drive the car

SHOULDERS, BICEPS, TRICEPS, OBLIQUES, UPPER BACK (LATS)

- Stand with feet shoulder width apart, knees slightly bent.
- Hold the hoop out in front at shoulder level, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced. Rotate the hoop to the left and return to start, repeating briskly for 12-15 reps.
- Reverse direction, rotating hoop to the right for an equal number of reps.



cycle 2

Hoop briskly for up to 3 minutes in a split lunge stance, starting with your dominant foot in front and switch to your non-dominant foot in front.

windshield wiper

SHOULDERS, BICEPS, TRICEPS, OBLIQUES, UPPER BACK (LATS)

- Stand with feet shoulder width apart, knees slightly bent.
- Hold the hoop straight up overhead, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Lower the hoop to the left and then back up overhead to lower it to the right, repeating briskly for 12-15 reps.



cycle 3

Hoop briskly for up to 3 minutes in a wide "horse" stance with feet slightly wider than shoulder distance apart.

cross chop with lunge

SHOULDERS, BICEPS, TRICEPS, UPPER BACK (LATS), OBLIQUES, GLUTES, QUADS, HAMSTRINGS

- Stand with feet in a split lunge stance, right foot in front.
- Hold the hoop off to the right side, hands positioned at 3 o'clock and 9 o'clock.
- Lower down into a lunge as you sweep the hoop down and back on your left side and lift back to start, repeating for 8-12 reps.
- Change stance to the right foot in front and repeat on the right side for an equal number of reps.



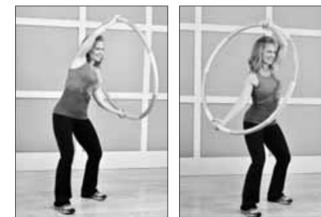
cycle 4

Hoop briskly for up to 3 minutes in a split lunge stance, with your dominant foot in front.

figure 8's

SHOULDERS, BICEPS, TRICEPS, ABS, OBLIQUES, UPPER BACK (LATS)

- Stand with feet shoulder width apart, knees slightly bent.
- Hold the hoop straight out in front, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Sweep the hoop down and back up from your left side to your right in a figure 8 pattern, repeating briskly for 12-15 reps.



cycle 5

Hoop briskly for up to 3 minutes in a split lunge stance, starting with your dominant foot in front and switch to your non-dominant foot in front.

squat with overhead press

SHOULDERS, ABS, UPPER/MIDDLE BACK, GLUTES, QUADS, HAMSTRINGS

- Stand with feet shoulder width apart, knees slightly bent.
- Hold the hoop straight out in front, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Lower the hoop toward the floor as you squat, pushing your hips back.
- Return to standing as you lift the hoop overhead.



cycle 6

Hoop briskly for up to 3 minutes in a wide "horse" stance with feet slightly wider than shoulder distance apart.

drive the car with side leg lifts

SHOULDERS, BICEPS, TRICEPS, OBLIQUES, UPPER BACK (LATS), OUTER HIP THIGH (ABDUCTORS)

- Rotate the hoop briskly to the left and return to start—repeat 3 times and on the 4th, lift the opposite leg to the side.
- Perform 6-8 sets and then reverse direction, rotating hoop to the right, lifting your left leg, for an equal number of sets.



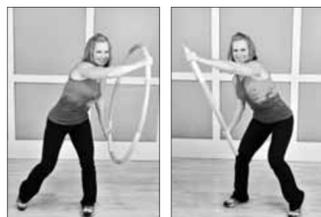
cycle 7

Hoop briskly for up to 3 minutes in a split lunge stance, with your dominant foot in front. Challenge—lift the heel of the front foot and hold it up as long as you can (Works quads, calves).

figure 8's with knee dips

SHOULDERS, BICEPS, TRICEPS, OBLIQUES, UPPER BACK (LATS), INNER THIGH (ADDUCTORS)

- Stand with feet shoulder width apart, knees slightly bent. Hold the hoop straight out in front, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Sweep the hoop down and back up from your left side, back up and then to your right side in a figure 8 pattern lifting the opposite foot to allow the knee to dip in toward the midline, repeating briskly for 12-15 reps.



cycle 8

Hoop briskly for up to 3 minutes in a split lunge stance, with your dominant foot in front. Challenge—lift the heel of the front foot and hold it up as long as you can (Works quads, calves).

washing machine (squats with rotation)

SHOULDERS, ABS, OBLIQUES, UPPER/MIDDLE/LOWER BACK, GLUTES, QUADS, HAMSTRINGS

- Stand with feet shoulder width apart, knees slightly bent.
- Hold the hoop down around your hips with arms fully extended, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Squat, pushing your hips back, as you rotate the hoop around your hips to one side, return to start.
- Continue squats as you alternate hoop rotations, repeating for 12-15 reps.



cycle 9

Hoop briskly for up to 3 minutes in a wide "horse" stance, with feet slightly wider than shoulder distance apart. Challenge—turn to the right into a split lunge stance, return to the front wide stance, then turn to the left into a split lunge stance, then return to the front.

windshield wiper with leg lifts

SHOULDERS, BICEPS, TRICEPS, ABS, UPPER BACK, INNER THIGH (ADDUCTORS), QUADS

- Stand with feet shoulder width apart, knees slightly bent. Hold the hoop straight up overhead, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Lower the hoop to the left and then back up overhead to lower it to the right. Start with a step touch in, then lift the opposite leg across the midline toward the hoop targeting the instep of your foot.
- Repeat 12 to 15 reps, alternating sides.



cycle 10

Hoop briskly for up to 3 minutes in a split lunge stance, with your dominant foot in front. Challenge—lower down and up in a partial lunge as you hoop (Works quads, hamstrings, glutes).

angel squats with overhead press & twist

SHOULDERS, ABS, UPPER/MIDDLE BACK, GLUTES, QUADS, HAMSTRINGS

- Stand with feet shoulder width apart, knees slightly bent. Hold the hoop straight up overhead, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Lower the hoop to shoulder level as you squat, pushing your hips back.
- As you return to standing, shift your weight to one leg, lifting the opposite leg out to the side, and press the hoop up overhead with an added twist at the top.
- Alternate sides for 12-15 reps.



cycle 11

Hoop briskly for up to 3 minutes in a split lunge stance, starting with your dominant foot in front and switch to your non-dominant foot in front. Challenge—lower down and up in a partial lunge as you hoop (Works quads, hamstrings, glutes).

jacks with overhead press

SHOULDERS, BICEPS, TRICEPS, UPPER BACK (LATS), OUTER HIP/THIGH (ABDUCTORS), INNER THIGH (ADDUCTORS)

- Stand with feet together, knees slightly bent. Hold the hoop around you at shoulder level, hands positioned at 3 o'clock and 9 o'clock, palms facing up and with weight evenly balanced.
- Press the hoop up overhead and jump your feet out. Jump feet back in as you bring the hoop back down, repeating slow for 4-6 reps, then increase tempo for 12-15 reps.



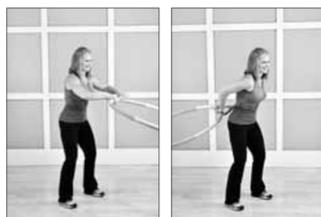
cycle 12

Hoop briskly for up to 3 minutes your favorite stance or vary the stance from wide to lunge stance left and right.

hoop circles

SHOULDERS, BICEPS, TRICEPS, ABS, OBLIQUES, UPPER/MIDDLE BACK

- Stand with feet shoulder distance apart, knees soft.
- Holding the top side of the hoop in front in an overhand grip, circle the hoop in one direction back behind you and transfer the hoop to the other hand using an underhand grip.
- Repeat in the same direction for 12-15 reps, then reverse direction for the same number of reps.



cycle 13

Hold the top of your hoop at your side with the bottom on the floor. Step touch in and out of the hoop, changing to a triple step or 'pony' in and out and then up-tempo to a single quick leap in and out.

washing machine (squats with rotation)

SHOULDERS, BICEPS, TRICEPS, ABS, OBLIQUES, UPPER/MIDDLE/LOWER BACK, GLUTES, QUADS, HAMSTRINGS

- Stand with feet shoulder width apart, knees slightly bent.
- Hold the hoop down around your hips with arms fully extended, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Squat, pushing your hips back, as you rotate the hoop around your hips to one side, return to start—keeping your core engaged, add 3 "agitations" at the top of the move by quickly changing directions of the hoop left, right, left or right, left, right.
- Continue squats as you alternate hoop rotations, repeating for 12-15 reps.



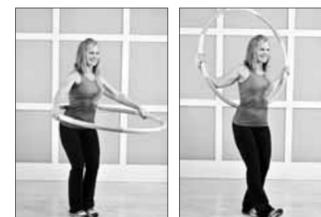
cycle 14

Hoop briskly for up to 3 minutes in a wide "horse" stance. Challenge—widen your stance, turning your toes out, and lower down into a plie squat as you hoop (Works: inner thigh (adductors), quads, hamstrings).

heel digs with hoop stretch

STRETCHES SHOULDERS, BICEPS, HAMSTRINGS, CALVES

- Stand with feet shoulder width apart, knees slightly bent. Hold the hoop around your waist, hands positioned at 3 o'clock and 9 o'clock, with weight evenly balanced.
- Alternate heel digs as you lift the front of the hoop up and over your head to stretch the front of your shoulders. Repeat 12-15 reps to gradually cool down.



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