

## standing back massage



Stand near a wall and toss ball over shoulder

Position ball between intended muscle and wall, lean back to reach desired pressure

Move body up and down or side-to-side for massaging effect



## PLACE PERFECT MASSAGE GUIDE

Use massage ball on cord to easily target and massage sore muscles in hard to reach areas

### Getting started...

**Cord keeps massage ball in place - also great for stretching before or after workouts!**

## standing erector spinae massage



Stand near a wall and place ball against lower back along spine

Position ball between intended muscle and wall, lean back to reach desired pressure

Move body up and down or side-to-side for massaging effect

## hip & thigh massage



Position ball between intended muscle and floor

Move body up and down or side-to-side for massaging effect



Repeat on opposite leg

- Place large or small massage ball on sore muscle while holding other end of cord
- Press against wall or floor
- Move body up & down or side-to-side for massaging effect

## glute & hamstring massage

Position ball between intended muscle and floor

Move body up and down or side-to-side for massaging effect



Repeat on opposite leg

## BONUS triceps stretch

Toss large ball over shoulder

Grasp large ball behind back with opposite hand

Pull up gently to enhance stretch, hold for 30 seconds

Repeat on opposite side



## 2 FREE GIFTS

Download today at: [empowerfitness.com/welcome](http://empowerfitness.com/welcome)

### 1 FULL COLOR RECIPE BOOK

24 fast, easy, and tasty recipes!

Enter code: RECIPE24

### 2 FULL COLOR BONUS WORKOUT

Top 42 body weight exercises!

Enter code: EXERCISES42

Please review all **WARNINGS & GUIDELINES** printed on the reverse side of this guide before beginning your workout

## BONUS side body stretch



Pull cord tight, hinge sideways at hips

Do not lean forward or backward

Repeat on opposite side

# Donna's RECIPE BOX

## BLACK BEAN QUINOA SOUP

### Ingredients:

1 tbsp olive oil  
1 yellow onion, diced  
4 cloves garlic, minced  
1 - 28oz can petite diced tomatoes  
1 tsp ground cumin  
1/2 tsp dried oregano  
1/2 tsp crushed red pepper flakes  
1/2 cup quinoa (uncooked)  
1 large carrot, diced  
3 stalks celery, diced  
1 red pepper, diced  
2 bay leaves  
6 cups vegetable broth, divided  
2 - 15oz cans black beans, undrained  
1/2 cup chopped cilantro  
Salt to taste

### Instructions:

Preheat 4-quart pot over medium heat. Sauté onion in olive oil with pinch of salt for about 5 minutes, until translucent.

Add garlic, carrot, celery and red pepper, sauté for a few minutes. Add tomatoes, cumin, oregano and red pepper flakes and cook for a few minutes.

Add quinoa, bay leaves and 2 cups of broth. Cover and bring to a boil. Let boil for 5 minutes or so, until quinoa is al dente (mostly tender).

Add remaining broth, black beans with cooking liquid and cilantro. Bring to a boil, then remove lid.

Lower heat to simmer and cook for 10 minutes.

Taste for salt and seasonings and let sit for 10 minutes to allow flavors to marry. Remove bay leaves and serve topped with crushed tortillas and avocado.



Get 24 more FREE RECIPES at [empowerfitness.com/welcome](https://empowerfitness.com/welcome) Code: RECIPE24

### WARNINGS:

- Consult your physician before starting this or any exercise program.
- For adult use only. Due to continued upgrades and improvements, actual products in box may vary slightly from photos.
- 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.**

### CUSTOMER RESOURCES:

- Find more unique fitness products and workouts at: [empowerfitness.com](https://empowerfitness.com)
- Find answers to FAQ's on our website at: [empowerfitness.com/support](https://empowerfitness.com/support)
- Need more personalized attention? Contact us via email at: [info@empowerfitness.com](mailto:info@empowerfitness.com) (a real person will get back to you right away)
- During regular business hours (EST), call our customer service department at: **800-704-5561 X15**



Fitness EM, LLC, 660 Douglas Street, Uxbridge, MA 01569

[empowerfitness.com](https://empowerfitness.com)