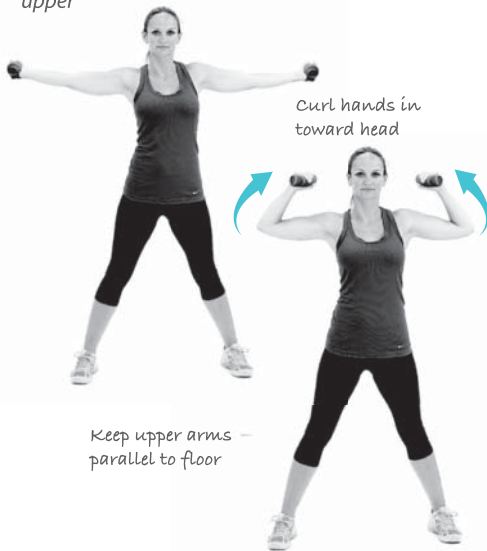


lateral raise bicep curl

upper



Curl hands in toward head

Keep upper arms parallel to floor

squat jumps

upper, middle, lower



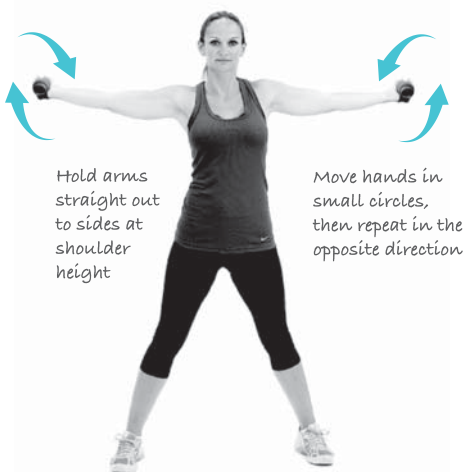
Raise arms as you jump straight up

Keep knees in line with toes

Bend knees when landing back down into squat position

arm circles

upper



Hold arms straight out to sides at shoulder height

Move hands in small circles, then repeat in the opposite direction



SOFT WALKING WEIGHTS WORKOUT

Enhance your walking routine with these easy strength moves which can be completed with or without the weights!

Getting started...

- Perform each strength move for 30 seconds—slow & controlled.
- 30 seconds 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.

2 FREE GIFTS

for you...

- 1 Download our **Empower 50 Dumbbell Exercises**

Enter code: DBELL50

- 2 Plus...download our **Empower Recipe Book!** 24 fast, easy, and tasty favorites

Enter code: RECIPE24

empowerfitness.com/welcome

Please review all

WARNINGS & GUIDELINES

printed on the reverse side of this guide before beginning your workout

overhead punches

upper



Punch 1 hand straight up overhead

Continue alternating hands

jumping jacks

upper, middle, lower

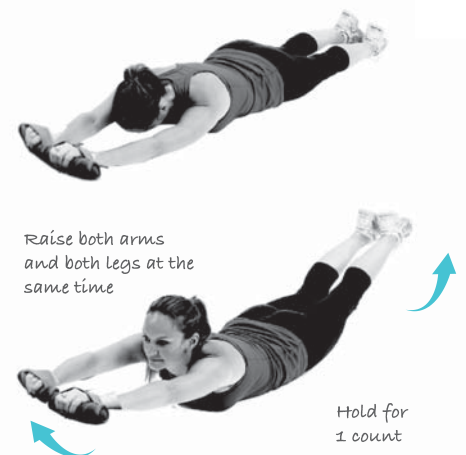


Jump legs out and raise arms out and overhead

Keep knees slightly bent, abs contracted

Supermans

middle



Raise both arms and both legs at the same time

Hold for 1 count

Find more unique fitness products and workouts at empowerfitness.com

WARNINGS:

- Consult your physician before starting this or any exercise program.
- Consult a certified personal trainer if unsure of how to perform any exercise.
- 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.**

GUIDELINES:

- Wear proper clothing and athletic shoes.
- Maintain proper form for each exercise.
- Perform all exercises in a slow, controlled manner.
- 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: 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

IMPORTANT

Swing arms gently and in a controlled manner when walking with weights

The "Archives of Physical Medicine and Rehabilitation" published a study in 1989 showing that running on a treadmill while using weights upped participants' training intensity and energy expenditure, potentially resulting in greater cardiovascular fitness and weight loss compared to running without the added weight.

Basically, moving more weight through space increases the difficulty of running and walking.

To avoid joint problems in your knees, hips or ankles, always wear weighted products on your hands/wrists or upper body when walking or running.

Another option to increase the intensity of your walking program—climb hills or use the incline feature on a treadmill.

