spiderman plank
core





Continue alternating side to side.

glute blasters
quads & glues



Continue alternating side to side.

cross jacks
cardio



Switch position of arms and feet each time.

EMPOWER

BONUS WEIGHT VEST WORKOUT #1

Getting started...

- Perform each strength move for 30 seconds—slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Wear vest while you go for a walk

Add resistance to your workouts...

EMPOWER WEIGHTED GLOVES

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WARNINGS:
Consult your physician before starting this or any exercise program. Store equipment away from children under 16 when not in use. Failure to follow all warnings and instructions could result in bodily injury or property damage.

GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

single leg bridge
lower back and hips



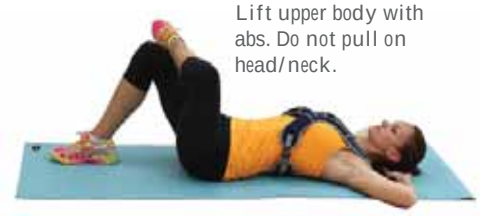
plank with rotation
chest & core



standing oblique crunch
core



crisscross crunch
core



Lift upper body with abs. Do not pull on head/neck.



Bring elbow to opposite knee.

Repeat on opposite side.

jump rope
cardio



Bend knees slightly and land soft. Feet should barely clear the floor.

Swivel wrists slightly as if swinging a jump rope.

Jump with both feet or alternating feet.

glute bridge
glues & hamstrings



Slowly press hips up



Keep body in a straight line

squeeze glutes and abs at top. Repeat.

EMPOWER

BONUS WEIGHT VEST WORKOUT #2

Getting started...

- Perform each strength move for 30 seconds—slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Wear vest while you clean your house

Total body toning home gym!

EMPOWER LONG & LEAN TONING BAR

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WARNINGS:
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GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

hooked calf raise
calf muscles



Slowly raise heel of standing foot off ground as high as you can.

Hold for a few seconds, then lower.

Repeat with other leg.

crossover abs
core



Tap heel on ground to right and left of straight leg.



Repeat with other leg.

lunge twist touchdowns
cardio

Lunge to side keeping knee in line with toes.



Touch ground with opposite hand.

Jump slightly switching to lunge on opposite side.



Continue alternating side to side.

v-sit crunches
core

Keep back straight, core tight.



Lean back slightly as you extend both legs.



Keep feet off floor. Repeat.

standing mountain climbers
cardio

Raise knee and opposite hand.



Continue alternating side to side.



Keep foot flexed and pull knee up as high as possible.

toe touches
core

Keep abs contracted. Reach one hand up to toes.



Lift with abs. Do not pull on head/neck.



Continue alternating side to side.

EMPOWER

BONUS WEIGHT VEST WORKOUT #3

Getting started...

- Perform each strength move for 30 seconds—slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Wear vest while playing with your kids

Add resistance to your workouts...

EMPOWER WEIGHTED GLOVES

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GUIDELINES:
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inchworms
shoulders, chest, core, hamstrings

Start in plank with body in straight line.



Walk feet toward hands, bringing butt up



Then walk hands back out to plank position. Repeat.

squat with double bounce
shoulders, chest, core, hamstrings



Squat down, bounce twice when thighs are parallel to floor.



Keep back straight and knees in line with toes.

plank jacks
cardio

Keep body and head in straight line, core tight.



Jump both feet out then back to center. Repeat.

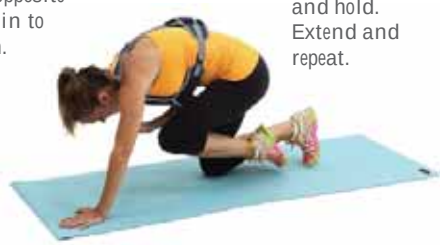


bird dog with knee crunch
core



Bring elbow and opposite knee in to touch.

Round back and hold. Extend and repeat.



Repeat on opposite side.

high knees & heel kicks
cardio



Bring one knee up in front.

Then rapidly kick that same heel up to your butt.

Continue alternating legs.

weighted hamstring tip
hamstrings



Slowly lean forward while extending one leg out behind you.

Keep body and extended leg in a straight line.

Try to touch hands to floor.

Continue alternating side to side.

EMPOWER

BONUS WEIGHT VEST WORKOUT #4

Getting started...

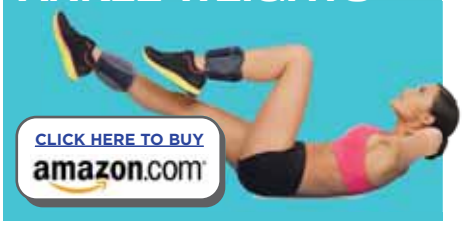
- Perform each strength move for 30 seconds—slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Wear vest when going for a hike in the woods

Add resistance to your workouts...

EMPOWER ANKLE WEIGHTS



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WARNINGS:
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GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

front lunge to twist
quads & core



Step forward into lunge. Keep knee in line with toes.

Rotate torso to opposite side.

Continue to alternate side to side.

push ups with shoulder tap
chest & core



Lift body into push up position. Keep body in straight line.



Balance on one arm and tap opposite shoulder.

Continue to alternate side to side.

squat thrusts
cardio



Squat down until both hands are touching floor.

Jump both legs back behind you into plank position.

Jump both legs back into squat position and stand straight. Repeat.

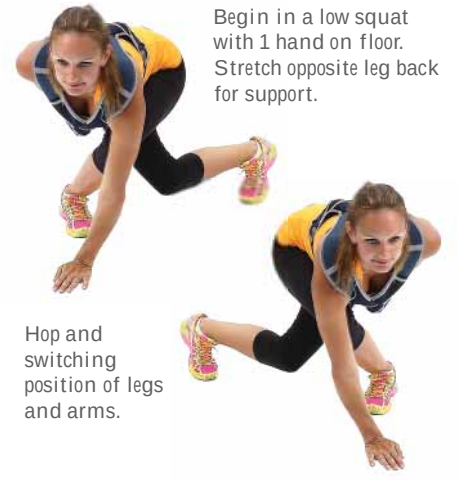
knee lift twists
core



Raise one knee up and twist to touch opposite elbow to raised knee.

Alternate side to side.

ice skaters
cardio



Begin in a low squat with 1 hand on floor. Stretch opposite leg back for support.

Hop and switching position of legs and arms.

Continue alternating side to side.

curtsy side lunge
quads



Step back and to the opposite side as you lower into a lunge.

Keep knee in line with toes.

Continue alternating side to side.

EMPOWER

BONUS WEIGHT VEST WORKOUT #5

Getting started...

- Perform each strength move for 30 seconds—slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Wear vest riding your bike

Total body toning home gym!

EMPOWER LONG & LEAN TONING BAR

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GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

plié squat to calf raise
quads, calf muscles



Knees and feet pointed out, keep knees in line with toes.

Hold position, then slowly lift and lower both heels.

lower back extension
back & core



Contract lower back and hamstrings, extend back up to a standing position.

Keep lower back flat, do not arch.

zig zag jumps
cardio



Keep feet together and hop side to side.

Continue alternating side to side