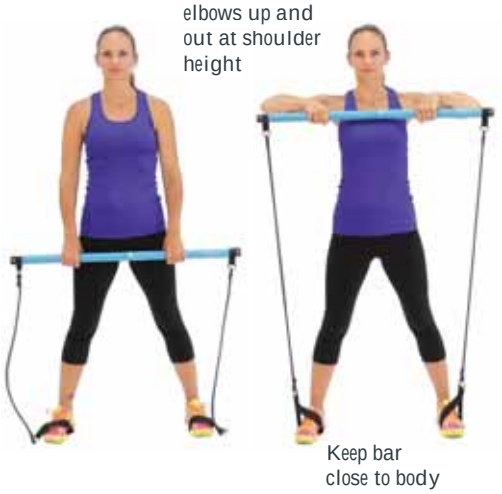
upright row
upper, middle



lower chest raise
upper, middle



triceps press
upper, middle



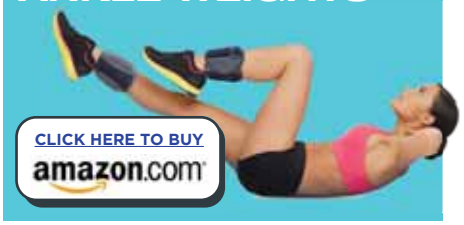
EMPOWER

BONUS TONING BAR WORKOUT #1

Getting started...

Make sure foot loops are properly positioned across middle of shoes before performing any exercises

- Perform each move for 30 seconds— slow & controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2-3 times, complete multiple routines or perform each move for 45–60 seconds.
- Add tension by rotating bar to shorten cords

Add resistance to your workouts...
EMPOWER ANKLE WEIGHTS

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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.

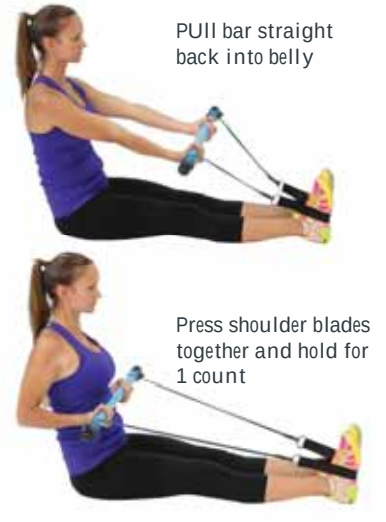
military press
upper, middle



resisted front squat
upper, middle, lower

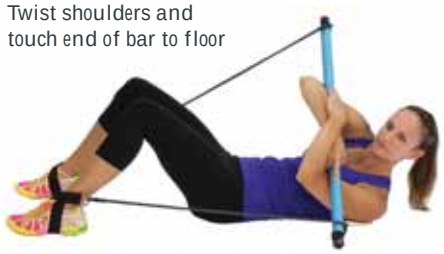


seated bicep row
upper, middle



oblique twists
middle

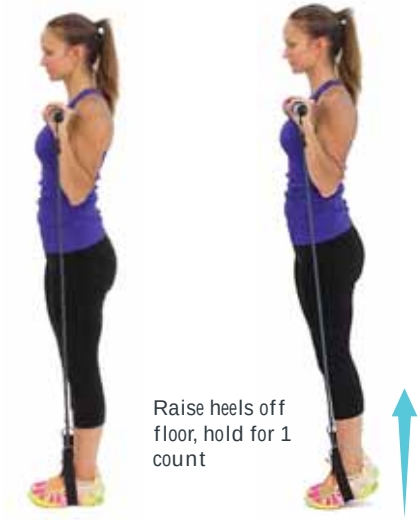
Twist shoulders and touch end of bar to floor





Continue twisting side to side

calf raises
lower



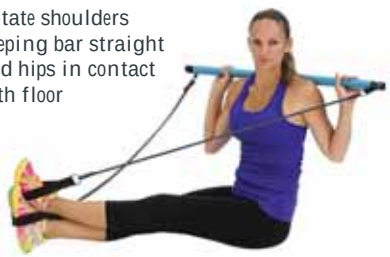
Raise heels off floor, hold for 1 count

spinal rotation stretch
middle

Keep chest high, abs tight



Rotate shoulders keeping bar straight and hips in contact with floor



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BONUS TONING BAR WORKOUT #2

Getting started...

Make sure foot loops are properly positioned across middle of shoes before performing any exercises

- Perform each move for 30 seconds— slow & 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.
- Add tension by rotating bar to shorten cords

Add resistance to your workouts...

EMPOWER WEIGHTED VEST

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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 squat to press
upper, lower

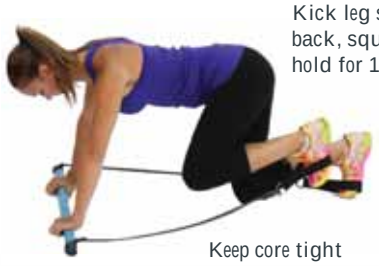
Squat down then stand up while pressing bar up overhead, hold for 1 count



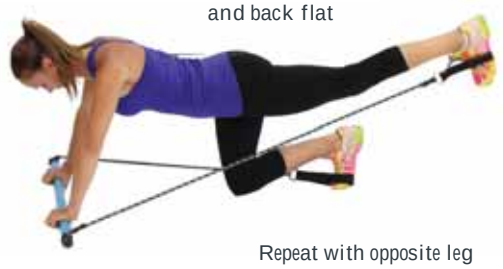


glute kickbacks
middle, lower

Kick leg straight back, squeeze glute, hold for 1 count



Keep core tight and back flat



Repeat with opposite leg

shoulder/opposite oblique stretch
upper, middle

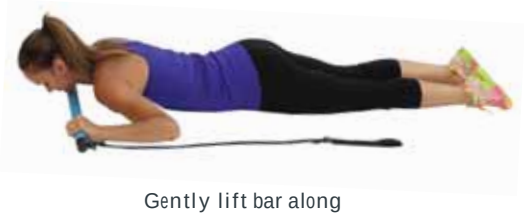


Rotate legs to 1 side and bar to opposite side



Continue alternating side to side

Superman plank
middle



Gently lift bar along with head/shoulders and feet up off floor



plie squat with chest press
upper, lower

Push through heels and straighten legs while pressing hands straight out in front of chest

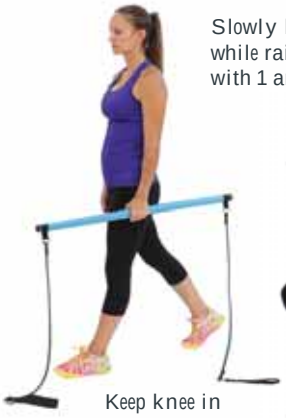




Keep knees in line with toes

lunge to lateral raise
upper, lower

Slowly lower into lunge while raising bar out to side with 1 arm





Keep knee in line with toes

Repeat with opposite arm lunging with opposite leg

BONUS TONING BAR WORKOUT #3

Getting started...

Make sure foot loops are properly positioned across middle of shoes before performing any exercises

- Perform each move for 30 seconds— slow & 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.
- Add tension by rotating bar to shorten cords

Add resistance to your workouts...

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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.

supported crunch
middle

Press back into floor

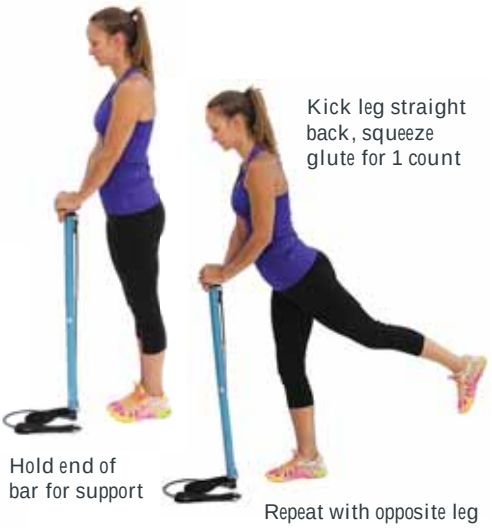


Gently lift bar along with head and shoulders, contract abs for 1 count



Do not pull on neck

standing hip extension
lower



Kick leg straight back, squeeze glute for 1 count

Hold end of bar for support

Repeat with opposite leg

biceps curl
upper

Slowly curl bar up to chest, hold for 1 count



Slowly lower bar back down

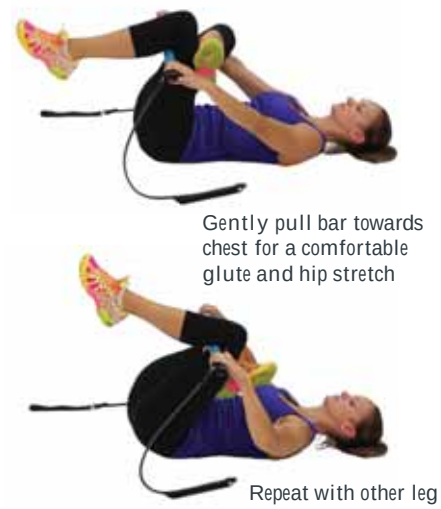
triceps/shoulder stretch
upper



upper body stretch
upper



reclining hip stretch
lower



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BONUS TONING BAR WORKOUT #4

Getting started...

- Warm up muscles before stretching. Try 10 minutes of walking or marching in place.
- Hold each stretch for 10-30 seconds.
- Don't bounce while stretching.
- Only stretch to the point of mild discomfort. Once muscle feels comfortable, increase the stretch and hold again.
- Breath normally when stretching, try not to hold your breath.

Add resistance to your workouts...

EMPOWER WEIGHTED VEST

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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.

hamstring/lower back stretch
middle, lower



reclining hamstring stretch
lower



lateral stretch
middle

