Donna's Complete Guide for Women...

EMPOWER

How to

STAY FIT & STRONG

with

STRENGTH TRAINING



Plus... 42 FREE BODY WEIGHT EXERCISES



Hi

I'm Donna Savage, president and co-founder of Empower Fitness. 25 years ago, I set out on a journey to create a company dedicated entirely to women's fitness and health. As a working mother, I understand how difficult it is to balance the demands of family and work and still find time to exercise and stay healthy. Now in my 50's I can see first hand how exercise has transformed my health and my life. I truly believe exercise is the fountain of youth - it's never too late to start feeling young!

Today, I remain committed to my vision of empowering women to be happy, healthy, and strong. That's why I'm so excited to share with you some of the science behind the benefits of strength training as well as 42 body weight exercises to get you started.

I hope you enjoy this book as it features some of my favorite strength moves. More importantly, I hope you find happiness and success on your path to a healthier you and share that success with all of the women in your life. Enjoy!

Yours in health & happiness,

Donna Savage



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8 Benefits of Strength Training for Women

I have been strength training for 25 years and STILL do not have any big, bulky muscles. Below is a list of the benefits I do have from strength training. Start enjoying these amazing benefits today!

1 Gain muscle and LOSE FAT!

*Strength training = **MORE MUSCLE!***
*More muscle = **HIGHER METABOLISM!***
*Higher metabolism = **MORE CALORIES BURNED!***
*More calories burned = **WEIGHT LOSS!***

Weight training expert and researcher Wayne Westcott is a person that I have followed for years and his advice has always helped me! "The average woman who strength trains two to three times a week for eight weeks gains 1.75 pounds of lean weight or muscle and loses 3.5 pounds of fat. As you add muscle your resting metabolism will increase, so you'll burn more calories, and the amount of calories burned from a higher metabolism can equal up to 12 pounds in one year!"

2 Look better!

DON'T WORRY! Strength training will not make you "bulk up" it will help you lose weight and build sexy curves in new places. It can even help improve posture. So why not walk taller and finally feel like the gorgeous woman you are!?

3 Fight bone loss.

According to Westcott weight training can increase spinal bone mineral density by 13 percent in six months. Pick up strength training and fight against osteoporosis, you WILL thank yourself later.

4 EMPOWER yourself!

Become your own superhero- a more capable and confident you! The stronger you are the easier daily tasks become, no more feeling sore for two days after cleaning the yard, no more struggling to carry in all the groceries in one trip!

5 Be balanced.

Improve balance, flexibility and coordination by building muscle. This is important for women who are getting older; it will allow you to be independent longer.

6 Improve your ability to do things you LOVE!

What are your favorite activities? Skiing, golfing, swimming...? If you make time to strength train you WILL see improvement in the activities that you love to do. More muscle = more runs on the slopes, a further swing on the course, and laps in the pool!

7 Less time and better results!

For less than an hour a week you will see real- life changing results! The Department of Health and Human Services suggests you will see significant results with just two or three 20-30 minute weight training sessions per week.

8 Be the HAPPIEST person you know!

Have you or someone you know ever experienced a "runner's high?" It's that AMAZING feeling after completing a run. Good news, strength training has the same effect. Endorphins released during strength training will shift your mood, making you feel GREAT!

bear crawl
upper, middle, lower

Reach forward with arm and step forward with opposite leg



Keep body close to floor, butt down



Continue alternating as you crawl across floor

side plank leg raise
upper, middle, lower

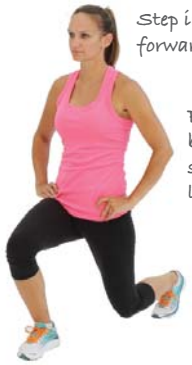


Keep body in straight line, no sagging



Raise leg and arm, hold for 1 count

double lunge
lower



Step into forward lunge

Bring foot back then step into side lunge



Always keep knee in line with toes

Repeat with other leg, keep alternating

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BONUS BODY WEIGHT WORKOUT #1

Getting started...

- Perform each strength 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.

CHALLENGE!

Do these moves during commercial breaks!

Total body toning home gym!

EMPOWER LONG & LEAN TONING BAR

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WARNINGS:
Consult your physician before starting this or any exercise program. 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.

wall sit
lower

Slide down wall until thighs are parallel to floor



Press back flat against wall



Keep knees directly above ankles

squat side kick
middle, lower



Squat then raise up to standing postition and kick out to side



Keep foot flexed

Continue alternating legs

standing ab rotation
middle

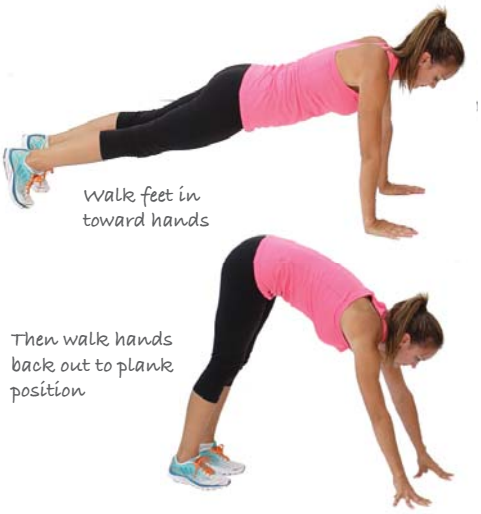


Raise knee and twist to touch opposite elbow

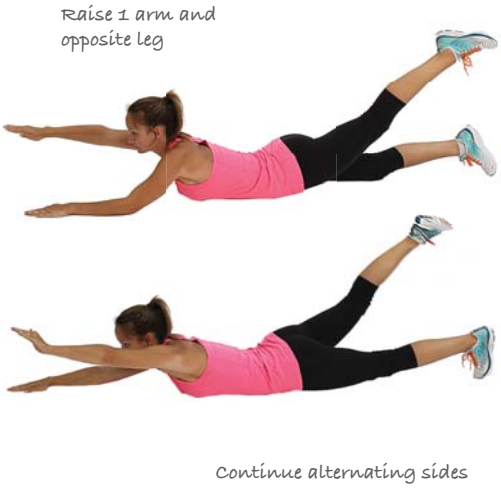


Continue alternating sides

inchworm
upper, middle



alternating limb raises
middle



crunch
middle



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BONUS BODY WEIGHT WORKOUT #2

Getting started...

- Perform each strength 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.

CHALLENGE!

5 minutes in the morning to get your day started!

Add resistance to your workouts...

EMPOWER FINGERTIP-GRIP MEDICINE BALLS

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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.

tuck jump
middle, lower



burpees
upper, middle, lower



donkey kicks
upper, middle, lower



mountain climbers
upper, middle, lower



triceps dips
upper



squat jumps
upper, middle, lower



BONUS BODY WEIGHT WORKOUT #3

Getting started...

- Perform each strength 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.

CHALLENGE!

5 minutes for an afternoon energy boost!

Add resistance to your workouts...

EMPOWER WEIGHTED GLOVES

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GUIDELINES:
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standing rear leg press
lower



arm circles
upper



rotational push up
upper, middle



BONUS BODY WEIGHT WORKOUT #4

Getting started...

- Perform each strength 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.

CHALLENGE!

Do a different routine each day for a week!

FUN, cardio fat blasting workout!

EMPOWER SKIPFIT

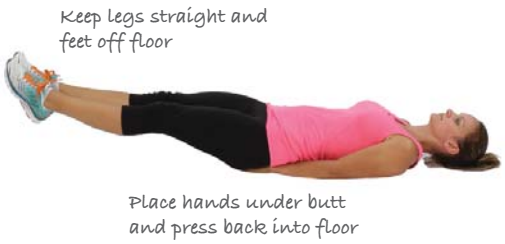


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GUIDELINES:
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flutter kick
middle





"L" seat
upper, middle



russian twist
middle





dynamic prone plank
upper, middle



v-sits
middle





reverse plank bridge
upper, middle, lower





lunge jumps
middle, lower



Continue alternating side to side

side leg lift
lower



Repeat on opposite side

single leg dead lift
middle, lower



Repeat on opposite side

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BONUS BODY WEIGHT WORKOUT #5

Getting started...

- Perform each strength 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.

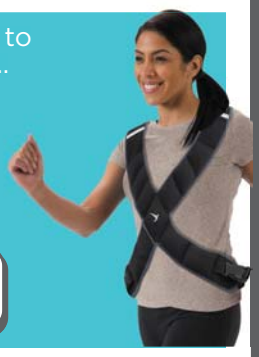
CHALLENGE!

Do a different routine 2X each for a week!

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.

kneeling leg kick
lower



Continue alternating legs

squat reach
upper, middle, lower



star jumps
upper, middle, lower



crab walk
upper, middle, lower

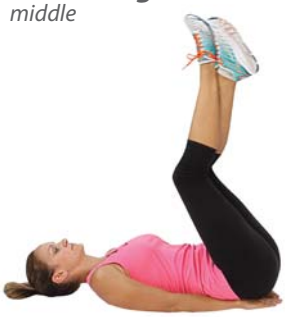
Walk hands and feet backwards



Keep butt off floor



double leg lift
middle



Slowly lower both legs toward floor, but do not touch them to floor



jumping jacks
upper, middle, lower

Jump legs out and raise hands overhead





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BONUS BODY WEIGHT WORKOUT #6

Getting started...

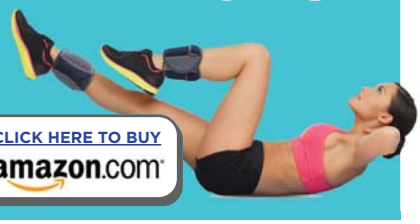
- Perform each strength move for 30 seconds—slow & controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2-3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Do a different routine 3X each day for a week!

Add resistance to your workouts...

EMPOWER ANKLE WEIGHTS



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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.

spinal balance
upper, middle, lower



Lift arm and opposite leg, hold for 1 count



Alternate side to side

reverse crunch
middle



Place hands under butt to keep back flat on floor

Slowly lift butt straight up off floor then lower back down



superman
middle



Slowly raise both hands and feet off floor, hold for 1 count



frog jumps
upper, middle, lower



lateral plank walk
upper, middle



bicycle crunches
middle



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BONUS BODY WEIGHT WORKOUT #7

Getting started...

- Perform each strength 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.

CHALLENGE!

Do 1 routine in the morning, 1 mid-day & 1 at night!



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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.

butt kicks
lower



sumo squat leg lift
lower



calf raises
lower

