jab-cross combo

upper, middle



jumping jacks

upper, middle, lower



jab-cross/side kick combo

upper, middle, lower



EMPOWER

BONUS WEIGHTED GLOVE WORKOUT #1

Getting started...

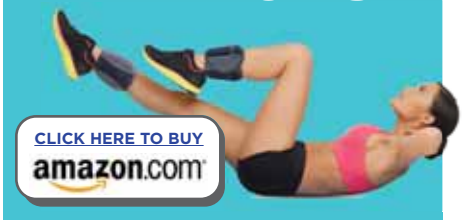
- Perform each strength move for 30 seconds.
- Hop side to side for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Wear gloves while going for a walk

Add resistance to your workouts...

EMPOWER ANKLE WEIGHTS



CLICK HERE TO BUY amazon.com

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.

jab-cross/front kick combo

upper, middle, lower



squat jumps

upper, middle, lower



jab-cross/back kick combo

upper, middle, lower



sumo squats
lower



hand release push ups
upper, middle



side plank lateral raise
upper, middle, lower



BONUS WEIGHTED GLOVE WORKOUT #2

Getting started...

- Perform each strength move for 30 seconds.
- Hop side to side 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 gloves while cleaning your house

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. 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.

arm extension quad raises
upper, middle, lower



overhead punches
upper



jack squats
upper, lower



straight arm hold
upper



seated triceps dips
upper, middle, lower



wall sits arm raise
upper, lower



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BONUS WEIGHTED GLOVE WORKOUT #3

Getting started...

- Perform each strength move for 30 seconds.
- Hop side to side 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 gloves while doing yard work

Add resistance to your workouts...

EMPOWER WEIGHTED VEST

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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.

lateral raise bicep curl
upper



alternating knee mt climbers
upper, middle, lower



Supermans
middle

