Donna's TOP 19 MOVES FOR 2019

+TIPS & RECIPES

EMPOWER



Donna Savage
President & Founder

Hello & Welcome to our Empower Family!

My name is Donna Savage & 25 years ago I set out on a journey to prove that strength training is the most important exercise for women. I joined a crusade to dispel the myth that lifting weights will give us big, bulky muscles when it actually does the opposite. Strength training helps us tone, tighten, & gives us curves in all the right places!

As a busy, working mom in my 50s, I am able to do things now that I could never have done in my 20s. While our women's exercise solutions have expanded well beyond strength training, our belief remains..... **STRONG body, STRONG mind, STRONG spirit.**

Thank you for trusting us and remember, "it is never too late to become the best version of you!"

This year be **CONFIDENT, STRONG, and FIT!**

In this guide you'll find recipes, tips, workouts and my favorite products to get you started!

Donna ☺



IMPORTANT:
Please review all **WARNINGS & GUIDELINES** on the last page before beginning ANY workout.

Just use body weight if you don't own the product yet :)

BREAKFAST

YOGURT PARFAIT

Makes 1 serving
268 calories/serving



INGREDIENTS

1 cup greek vanilla yogurt
1/4 cup granola
1/2 cup fresh or frozen fruit

INSTRUCTIONS

Layer yogurt, granola and fruit in a large glass. Repeat layers. Enjoy! Experiment with different fruits (mixed berries, mango/pineapple, etc.).

LUNCH / DINNER

TURKEY CHILI

Makes 12 servings
378 calories/serving



INGREDIENTS

2 pounds ground turkey
2 medium zucchini, chopped
1 medium red pepper, chopped
1 medium onion, chopped
2 tbsp minced garlic
1 can (15oz) kidney beans, drained
1 can (15oz) black beans, drained
1 can (15oz) garbanzo beans, drained
1 can (28oz) diced tomatoes, un-drained
Chili seasoning packet (or use: chili powder, paprika, oregano & ground pepper)

INSTRUCTIONS

Brown turkey, drain. Add cooked turkey and all other ingredients to crock pot. Cook on high for 2–3 hours or cook on low for 6–8 hours. Prep everything the night before and set up crock pot before heading off to work for a delicious mid-week dinner the whole family will love!

DESSERT / SNACK

CHOCOLATE FROZEN BANANAS

Makes 4 servings
208 calories/serving



INGREDIENTS

2 ripe, firm bananas
1/2 cup dark chocolate chips
2 tbsp coconut oil
4 popsicle sticks
Granola, chopped nuts or sprinkles (optional)

INSTRUCTIONS

Cut bananas in half and insert stick into each half. Place them on baking sheet lined with parchment paper. Freeze for 15 minutes. Meanwhile, melt chocolate with oil in a Pyrex measuring cup in microwave (check it every 30 seconds). Stir until smooth. Roll each banana half in chocolate, then quickly sprinkle with your topping (if using). Freeze until chocolate sets, 30 minutes. Serve or freeze in an airtight container. Great after school snack!

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 especially 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!

DO-ANYWHERE BODY WEIGHT EXERCISES

No excuses!
Perform these exercises during commecials while watching TV

burpees
upper, middle, lower





Then return to plank, repeat

kneeling leg kick
lower



Continue alternating legs

standing ab rotation
middle



Continue alternating sides

squat side kick
middle, lower



Continue alternating legs

Getting started...

IMPORTANT
Always keep your back flat and core tight during these 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.

LONG & LEAN TONING BAR



Pilates style moves for every fitness level!

YOU WILL LOVE THIS PRODUCT!

triceps press
upper, middle



Slowly lower bar behind head, then press back up



Keep elbows tight to head

upright row
upper, middle

Raise bar with elbows up and out at shoulder height



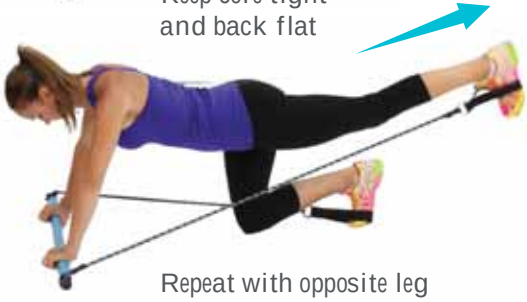
Keep bar close to body

glute kickbacks
middle, lower

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



Keep core tight and back flat



Repeat with opposite leg

Getting started...

IMPORTANT
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

CLICK HERE TO BUY amazon.com

resisted front squat
upper, middle, lower

Squat down then press bar up as you return to standing position





Keep knees in line with toes

WEIGHTED VESTS



4lb 8lb 16lb

spiderman plank
core

Keep body in straight line.



Pull knee to elbow.



Continue alternating side to side.

glute blasters
quads & glues

Step back into lunge.

Drive knee of back leg up.



Keep knee in line with toes.

Continue alternating side to side.

Designed exclusively for women!

Added weight never felt so comfortable!

Getting started...

CHALLENGE
Wear vest while you walk!

- 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.

CLICK HERE TO BUY
amazon.com

v-sit crunches
core

Keep back straight, core tight.



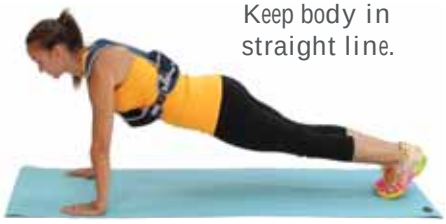
Lean back slightly as you extend both legs.



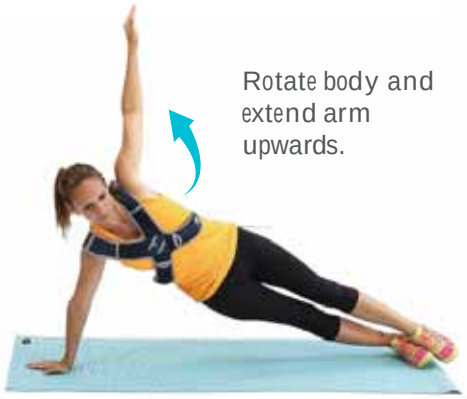
Keep feet off floor. Repeat.

plank with rotation
chest & core

Keep body in straight line.



Rotate body and extend arm upwards.



Continue alternating side to side.

WEIGHTED GLOVES





4lb pair | **2lb pair**

jumping jacks
shoulders, hips, core



Jump legs out and raise arms out and overhead

Keep knees slightly bent, abs contracted



Add them to your regular routine for **some extra PUNCH!**

overhead punches
shoulders



Punch 1 hand straight up overhead

Continue alternating hands



Getting started...

IMPORTANT
Gloves are for shadow boxing only - not intended for punching bags

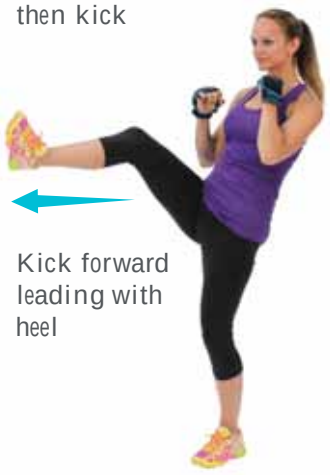
- Perform each move for 30 seconds— slow & controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2-3 times, complete multiple routines or perform each move for 45–60 seconds.

jab-cross/front kick combo
shoulders, back, butt, core



Punch left, then right, then kick

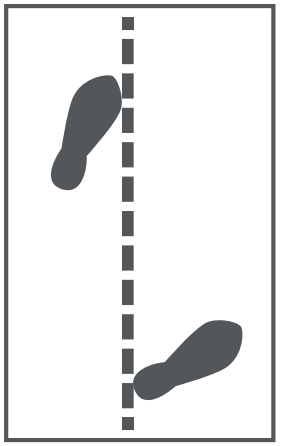
Keep knees slightly bent, abs contracted



Kick forward leading with heel

Alternate legs

PROPER BOXING STANCE



- Keep feet shoulder-width apart. Front foot at 45-degrees to an imaginary line drawn from toe on front foot to heel on back foot.
- Remain on balls of feet.
- Shift body weight back to front with each punch.

CLICK HERE TO BUY amazon.com

ANKLE WEIGHTS

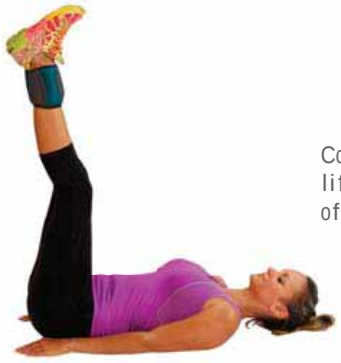






5lb pair **8lb pair**

reverse crunch
middle



Contract abs and lift butt straight up off floor, hold

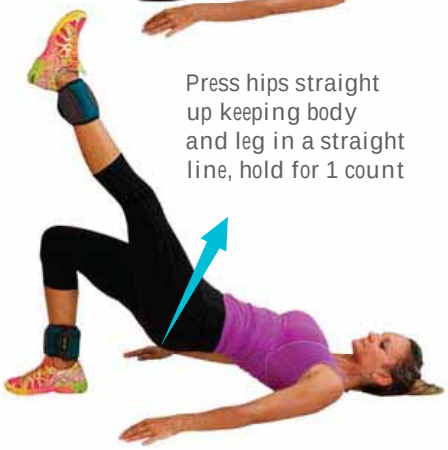


Slowly lower butt back to floor

single leg bridge
middle, lower



Keep extended leg off floor



Press hips straight up keeping body and leg in a straight line, hold for 1 count

Repeat with opposite leg

Our ankle weights are ADJUSTABLE - add/remove weight to your desired resistance!

Getting started...

IMPORTANT
Wear on ankles for lower body toning

- 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.

CLICK HERE TO BUY
amazon.com

lateral raise
middle, lower

Keep hips stacked and bottom leg bent slightly



Lift top leg slowly up toward ceiling as high as possible



Repeat with opposite leg

knee ups with twist
upper, middle, lower



Lift 1 knee up and twist upper body to bring opposite elbow to knee

Continue alternating side to side

Try this exercise with weights on wrists

WARNINGS:

- Consult your physician before starting this or any exercise program.
- Consult a certified personal trainer if unsure of how to perform any exercise.
- Gradually increase difficulty.
- Frequent strenuous exercise should be approved by your doctor.
- Always inspect power cord products for cuts or tears before each use
- Store product away from children under 16 when not in use.
- Do not use products for physical contact with any other person or object.
- **FAILURE TO FOLLOW ALL INSTRUCTIONS COULD RESULT IN SERIOUS BODILY INJURY.**

GUIDELINES:

- Always keep back flat & abs tight. Do not arch back while performing these exercises.
- Wear proper clothing.
- Maintain proper form for each exercise.
- Perform all exercises in a slow, controlled manner—keeping back flat and core tight.
- Always lift with your legs, not your back.
- 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)

EMPOWER™

empowerfitness.com