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

EMPOWER

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

CLICK HERE TO BUY amazon.com



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

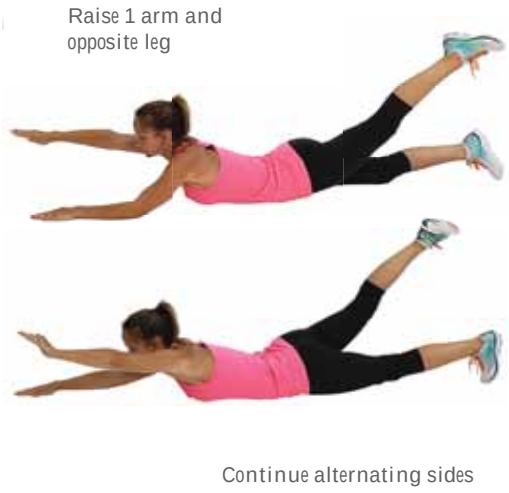


Continue alternating sides

inchworm
upper, middle



alternating limb raises
middle



crunch
middle



EMPOWER

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 WEIGHTED VEST

CLICK HERE TO BUY amazon.com



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.

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



EMPOWER

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

CLICK HERE TO BUY amazon.com



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. .

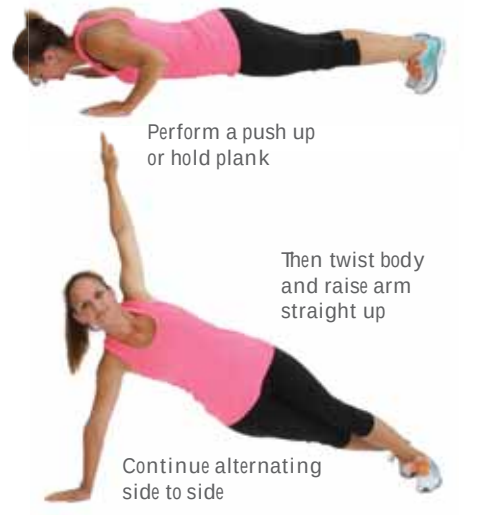
standing rear leg press
lower



arm circles
upper



rotational push up
upper, middle



BONUS BODY WEIGHT WORKOUT #4

flutter kick
middle





"L" seat
upper, middle



russian twist
middle





Getting started...

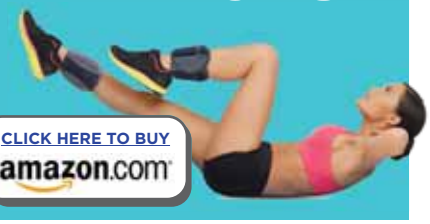
- Perform each strength move for 30 seconds—slow & controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2-3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Do a different routine each day for a week!

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. 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.

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

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.

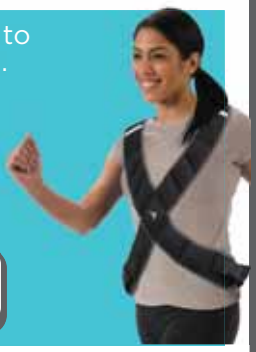
CHALLENGE!

Do a different routine 2X each for a week!

Add resistance to your workouts...

EMPOWER WEIGHTED VEST

CLICK HERE TO BUY amazon.com



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.

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



EMPOWER

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 WEIGHTED GLOVES

CLICK HERE TO BUY amazon.com



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.

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



BONUS BODY WEIGHT WORKOUT #7

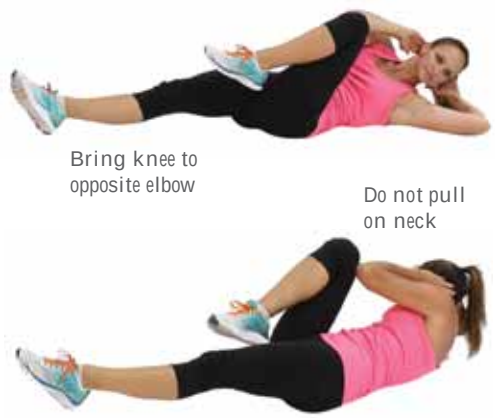
frog jumps
upper, middle, lower



lateral plank walk
upper, middle



bicycle crunches
middle



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!

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. 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.

butt kicks
lower



sumo squat leg lift
lower



calf raises
lower

