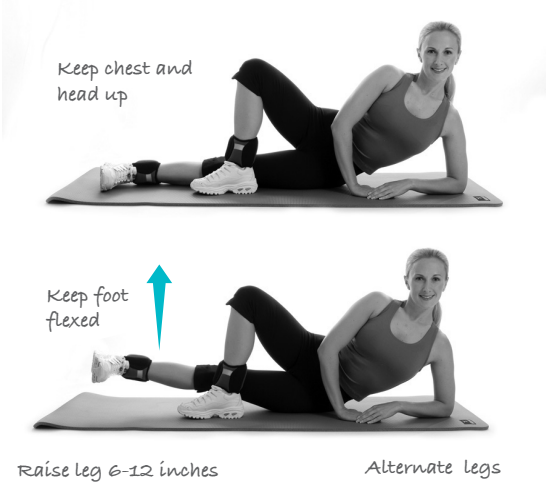
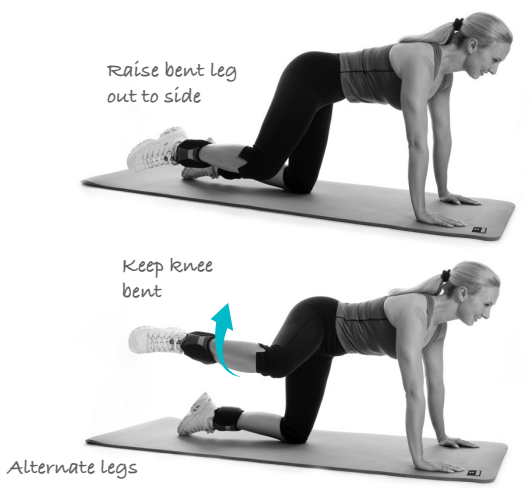
ANKLE WEIGHT LOWER BODY WORKOUT

- Perform each strength move for 30 seconds—slow & controlled—no rest between moves
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times or perform each move for 45–60 seconds

inner thigh raise
hips, outter thighs, core



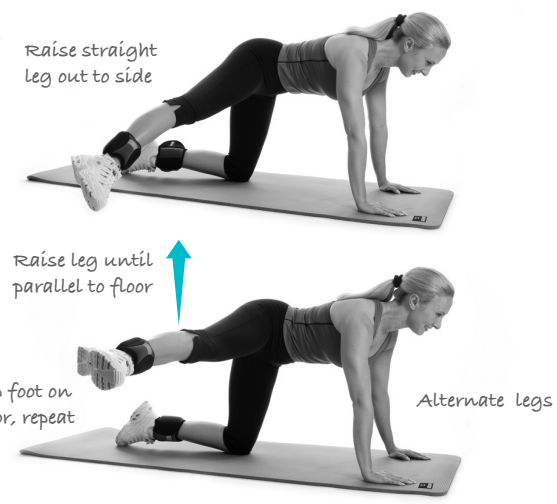
bent leg side raise
outter thighs, butt, core



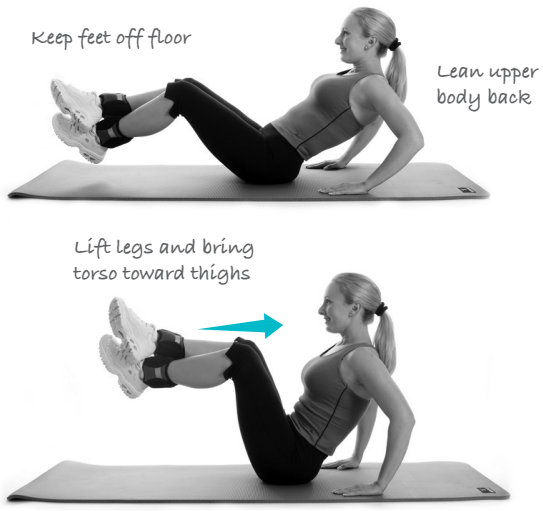
rear leg raise
hamstrings, butt, core



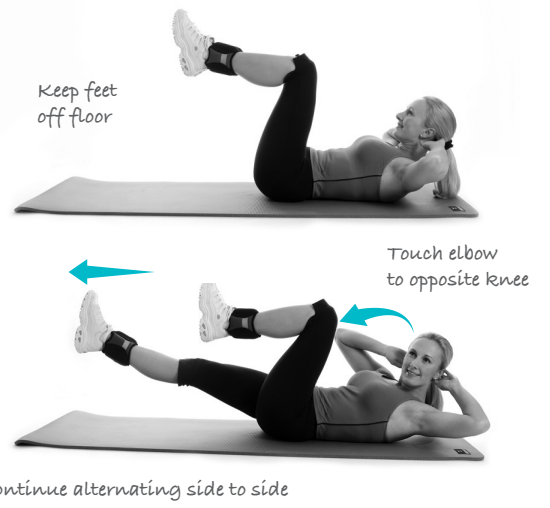
straight leg side raise
outter thighs, butt, core



v-ups
abs, core



bicycles
abs, entire core



ANKLE WEIGHT INSTRUCTIONS

Wrap weights around ankles or wrists in a comfortable position & secure the velcro.



Add/remove weight rods from pockets to ajust weights.

5LB SET MAKES:
2 @ 2.5lbs, 2 @ 2lbs, 2 @ 1.5lbs

8LB SET MAKES:
2 @ 4lbs, 2 @ 3lbs, 2 @ 2lbs

ANKLE WEIGHT CHALLENGE!

Wear on wrists to burn more calories walking.
Wear on ankles for lower body toning.

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.
- Store product away from children under 16 when not in use.
- Do not use this product for physical contact with any other person or object.
- **FAILURE TO FOLLOW ALL INSTRUCTIONS COULD RESULT IN SERIOUS BODILY INJURY.**

⚠**WARNING:** Cancer and Reproductive Harm –www.P65Warnings.ca.gov

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: **empower@w4healthgroup.com**

Welcome to our EMPOWER family!

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- Healthy Cooking Demos
- Fitness Challenges
- Nutrition Challenges
- Private Community Page
- Support from a Certified Health Coach

Scan code or visit website below
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