

Warnings & Guidelines

Carefully read and follow these important warnings and guidelines prior to using your Empower equipment. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success.

- Consult a physician before engaging in any fitness program or performing any exercise.
- Immediately discontinue use of the Empower equipment if you feel dizzy, faint, or out of breath while performing an exercise. Consult your physician if symptoms have not subsided 15 minutes after discontinuing the exercise.
- Stop exercising immediately if you feel pain at any time during an exercise.
- Keep away from children. Do not use the Empower equipment if small children are unsupervised in the vicinity. Serious injury or death may result if young children come into contact with the equipment while in use.
- Children under 13 years of age should not use the Empower equipment.
- Wear sneakers or other rubber-soled shoes at all times while exercising.
- Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise.
- You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using the Empower equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

Tips & Helpful Hints

- When beginning any new strength training program, start with light weights until you are comfortable with the form for each exercise.
- Beginners should start with one set of 10-12 repetitions.
- As you progress you can boost the intensity of your training by increasing the amount of weight or by adding sets, working up to 2-3 sets of 10-12 repetitions for each exercise.
- Perform a 3-5 minute warm-up prior to each workout. This can consist of any type of low-moderate intensity cardiovascular exercise.
- Stretch the entire body prior to your workout. After strength training you should stretch the specific muscle groups trained that day.
- Allow at least 24 hours between strength training workouts to allow the body to recover.
- Muscle soreness is common 24-48 hours after a strength training workout. Stretching can help to reduce the soreness.
- Supplement your strength training with a cardiovascular program, performing at least 20-30 minutes of cardio, 3-4 days a week.
- If you are just beginning a cardio program, start slowly and gradually increase your duration and frequency (times per week).
- Proper nutrition is essential for making healthy, permanent changes to your life and body. Eat 5-6, small, well-balanced meals throughout the day.
- Always start your day with a nutritious breakfast to fuel your body and your metabolism.
- Begin and end your day with water. Drink water throughout the day including before, during, and after your workout.

Women & Strength Training

One of the most common myths concerning women about starting a strength training program is that they will develop large bulging muscles. This is simply not true. The hormone associated with muscle growth is called testosterone. Because women lack this particular hormone, severe muscle growth is unlikely.

Strength training helps to reduce the chance of suffering from osteoporosis. This disease is a serious medical condition in which bones become dangerously thin, brittle and susceptible to fracture. There are now more than 10 million women in the USA with osteoporosis and 33 million who have low bone mass—most have neither been diagnosed or treated.

The body responds to the stress of strength training by actually increasing bone density. Researchers have also found that strength training can help prevent, delay or reduce the symptoms of: stress, osteoporosis, heart disease, high blood pressure, adult onset diabetes, arthritis symptoms and depression.



Fitness EM, LLC • 660 Douglas St. • Uxbridge, MA 01569
800-704-5561 • www.empowerfitness.com



DX-1074N

4-in-1 Adjustable Weighted Bar Workout Guide



Patented Quick Change Collars



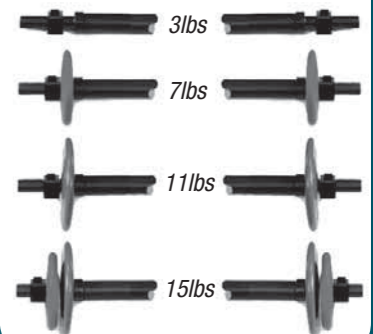
Foam Padded Bars



Patented "Fingernail Friendly" Plates



MAKES
4 WEIGHTED BARS!



- Tone & Tighten
- Increase Bone Density
- Look & Feel Better
- Lose Weight

Biceps

Bicep Curl

- Stand with feet shoulder width apart, knees soft, abs contracted and a slight pelvic tilt.
- Hold bar in an underhand grip in front of hips.
- Curl the bar up toward chest, keeping elbows tight to body.
- Slowly lower bar back down to starting position.
- Reps: 8–12



Shoulders

Shoulder Press

- Stand with one leg slightly behind in a split stance, knees soft, abs contracted, with a slight pelvic tilt.
- Hold bar with an overhand grip, slightly wider than shoulder width, lift bar up to chest to start.
- Press the bar straight up, keeping the bar slightly in front of head at the top of the move.
- Then return to start.
- Reps: 8–12



Quads, Glutes, Hamstrings, Biceps

Lunge with Bicep Curl

- Stand with feet together, knees soft, abs contracted, with a slight pelvic tilt.
- Hold bar with an underhand grip in front of hips.
- Step back with one leg into a split lunge stance.
- Bend both knees and slowly lower into a lunge as you curl the bar up toward chest.
- Return to start position and repeat.
- Complete 6–8 reps with one leg, then repeat with other leg.



Core, Upper Back

Overhead Pull

- Stand with feet a few inches apart, knees soft, abs contracted and a slight pelvic tilt.
- Hold bar at hips with an underhand grip.
- Keep elbows bent at 90 degrees as you lift the bar up and over head.
- Gradually increase the range of motion with each rep.
- Reps: 8–12



Quads, Glutes, Hamstrings, Arms, Shoulders

Lunge with Overhead Pull

- Stand with feet together, knees soft, abs contracted, with a slight pelvic tilt.
- Hold bar with an underhand grip in front of hips.
- Step back with one leg into a split lunge stance.
- Bend both knees and slowly lower into a lunge and hold.
- Lift bar up and overhead, keeping elbows bent and forearms parallel. Gradually increase the range of motion with each rep.
- Bring bar back down to hips and lift body up out of lunge.
- Complete 6–8 reps with one leg, then repeat with other leg.



Quads, Glutes, Hamstrings, Inner Thighs, Shoulders

Plié Squat with Overhead Press

- Stand with feet wider than shoulder width, toes turned out.
- Hold bar with an overhand grip in front of chest to start.
- Lower into a plié squat, keeping knees aligned with feet.
- Lift the bar up overhead as you straighten legs back to start.
- Lower back down into the plié squat and lower bar back to chest.
- Reps: 8–12



Glutes, Quads, Hamstrings, Calves, Core, Shoulders

Single leg hip hinge with rear fly

- Stand with feet a few inches apart.
- Hold a weight plate in each hand with middle fingers through the hole to secure the grip, palms facing inward.
- Hinge forward at the hips keeping spine straight and bend knees into a squat position.
- Rise up and lift 1 leg out to side as you raise both arms straight out to shoulder height.
- Slowly lower leg and arms back to starting position.
- Complete 6–8 reps with one leg then repeat with other leg.



Glutes, Quads, Hamstrings, Calves, Core, Shoulders

Squat with Arm Arcs and Heel Lifts

- Stand with feet a few inches apart, knees soft, abs contracted, with a slight pelvic tilt.
- Hold a plate in each hand with middle fingers through the hole to secure the grip, palms facing inward.
- Keeping shoulders retracted and chest open, push hips back as you lower into a squat.
- Keep elbows soft and raise arms up and out to sides as you lift out of the squat.
- Continue the arc up overhead as you lift your heels at the top of the movement.
- Reps: 8–12

