

TIPS & HELPFUL HINTS

- When beginning any new strength training program, start with light weights until you are comfortable with the form for each exercise.
- 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 reduce 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 meal 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

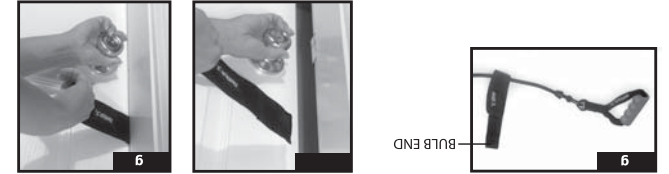


WARNING!
Use of the door strap (included with this product) with any product other than the one for which it was designed, may result in personal injury and/or damage to doors or door frames. Follow directions enclosed for proper use.

empower
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MAINTENANCE

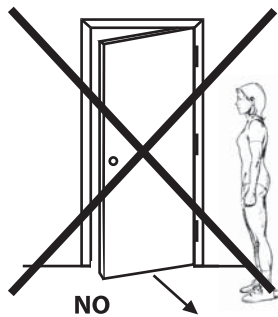
- ✓ Do not use harsh, abrasive chemical cleansers. Power cords can be cleaned with mild soap and water.
- ✓ Power cords should be inspected before each use for cuts, cracks or other defects.



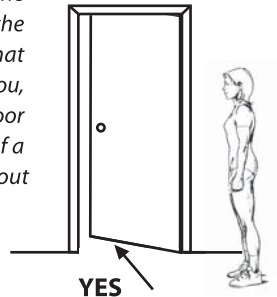
1. Slip one handle through the opening in the door strap (see diag. A).
2. Place the bulb end (see diag. B) of the door strap through an open door at the desired height.
3. **NEVER USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS TOWARD YOU, ALWAYS USE THE DOOR STRAP ON THE SIDE OF A DOOR THAT OPENS OUT AWAY FROM YOU** (see detail drawing under WARNING section).
4. Pull the door closed locking the bulb end of the door strap on the other side of the door. **DO NOT ATTEMPT TO CLOSE THE BULB IN THE DOOR FRAME.**
5. Pull hard on the door strap to ensure it is locked into position prior to use (see diag. C).

USING DOOR STRAP

DOOR STRAP WARNING



NOTE: Never use the door strap on the side of a door that opens in toward you, always use the door strap on the side of a door that opens out away from you.



WARNINGS & GUIDELINES

Carefully read and follow these important warnings and guidelines prior to using your fitness product. 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 for success.

- Before using this product, please consult your personal physician for a complete physical examination.
- Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please read your manual carefully before exercising.
- Please keep all children away from equipment during use and when equipment is unattended.
- Always wear appropriate clothing including athletic shoes when 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 fitness product. 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.



TOTAL BODY POWER CORD WORKOUT

A full upper & lower body routine using power cords

- ✓ 3 days a week (M-W-F or Tu-Th-Sat).
- ✓ Begin with 1 set of 10-12 repetitions for each exercise.
- ✓ To progress add a second set for each exercise.
- ✓ Perform a 3-5 minute warm up prior to each workout [marching or jogging in place].
- ✓ Stretch before and after each workout.

READ DOOR STRAP WARNING BEFORE ATTEMPTING ANY EXERCISES USING DOOR STRAP

glutes and legs

kickback

- Place one ankle cuff on each ankle.
- Kneel on floor with hands under shoulders and knees under hips.
- Extend one leg behind you, foot flexed.
- Lift leg up toward ceiling, keeping toe pointed down toward floor.
- Squeeze at top of movement, slowly lower leg.
- Do full set on one side then switch to other leg.
- Keep constant tension on cord.



outer thigh

hip abduction

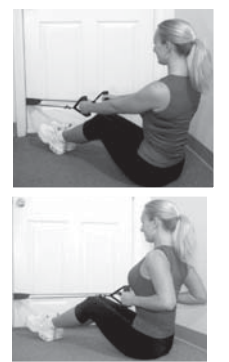
- Place one ankle cuff on each ankle.
- Stand up straight with abs tight, chest up, knees slightly bent.
- Raise right leg out to side slightly to create tension in band.
- Slowly raise right leg out to side and squeeze with outer thigh.
- Pause, slowly lower leg back to starting position. Do full set on right, then switch to left.
- Focus on raising leg slowly. Do not use momentum or swing leg.



upper and middle back

mid row

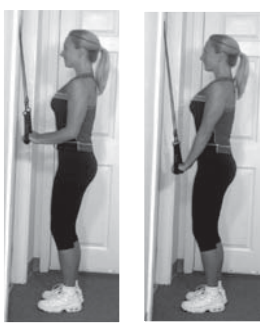
- Sit on floor facing door.
- Place door strap at rib cage in side of door frame.
- Sit up straight with abs tight, chest up, feet extended in front of you with heels on floor.
- Extend arms in front of body. Adjust distance from door to create tension in band.
- Pull handles to sides of body at middle of rib cage, focus on pulling with muscles in back.
- Keep elbows pointing behind you throughout repetitions.
- Hold contraction for one count then slowly extend arms back to starting position.



triceps: back of upper arms

tricep pressdown

- Place door strap on top of door.
- Face door, stand up straight, knees slightly bent.
- Hold handles close together with overhand grip.
- Bend elbows at a 90 degree angle with elbows against side of body. This is your starting position.
- Keeping elbows close to body, exhale, extend arms, and push handles straight down toward floor.
- Just before elbows lockout, pause and squeeze triceps.
- Slowly bend at elbows and allow handles to come back to starting position.



shoulders: traps and deltoids

shoulder press

- Slide clear plastic sleeve toward one end of power cord. Drop that handle on the floor. Place foot on plastic sleeve.
- Stand up straight, with abs tight, chest up, knees slightly bent.
- Hold handle slightly above and outside of shoulders with palms facing forward.
- Exhale, push handle straight up above shoulder. Pause just before elbow locks out.
- Slowly lower handle back to starting position.
- To increase intensity, move foot closer to center of power cord.



shoulders: traps and deltoids

lateral raise

- Slide clear plastic sleeve toward one end of power cord.
- Place one foot on plastic sleeve toward one end of power cord. Drop that handle on the floor.
- Hold other handle in front of body with palm facing in.
- Exhale, lift handle up and out. Keep slight bend in elbow.
- Raise handle no higher than shoulder height.
- Inhale, slowly lower handle back to starting position.
- Do not bounce at top or bottom of repetitions.
- Repeat.
- To increase intensity, move foot closer to center of power cord.



glutes and hamstrings

squat

- Place clear plastic sleeve in center of power cord.
- Place both feet in center of power cord.
- Stand with feet hip-width apart, toes slightly to outside.
- Keep abs tight and your head and chest up.
- Hold handles at shoulder height and tilt hips and butt backward; slowly lower hips toward floor.
- When your thighs are parallel to the floor, reverse movement and use lower body to push up to starting position.
- Do not allow knees to travel forward past toes. Do not bounce at bottom of repetition.



abs or core

ab crunch

- Sit on floor with knees bent close to chest.
- Wrap power cord around feet and hold one handle in each hand, palms facing in.
- Lift heels off ground.
- Keep abs tight during each repetition.
- Exhale, extend legs in front of you, at same time lean back slightly to increase tension on abdominal muscles.
- Inhale, bring chest and knees back in toward one another.

