

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 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.

ANKLE/WRIST WEIGHT WORKOUT POSTER

Ankle weights are not intended for walking or running - use for lower body toning exercises only.



FEATURES

✔ Soft Neoprene Fabric

✔ Easy Velcro Closure

✔ Reflective Strips

✔ Washable Fabric (surface clean only)

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 of 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 the 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.

FEATURES

- ✔ Wear on wrists for walking, running and upper body toning.
- ✔ Wear on ankles for lower body toning.

Ankle weights are not intended for walking or running - use for lower body toning exercises only.

7/17/07
Document
DX-1038N

Fitness EM, LLC
12B John Road
Sutton, MA 01590
508-865-1846
www.fitnessem.com





ANKLE/WRIST WEIGHT WORKOUT POSTER

QUICK & EASY TOTAL BODY ROUTINE

- ✓ 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.

LEGS - Inner Thigh

Inner Thigh Raise

- Lie on side with hips stacked on top of each other
- Bend top leg and place top foot in front of bottom knee
- Flex bottom foot and raise bottom leg 12-18 inches off ground
- Slowly lower foot to starting position
- Complete set on one side then repeat on other side



ARMS - Shoulders

Jabs

- Make a fist with both hands and hold them at top of chest
- Bend elbows keeping them in front of body and pointing down
- Extend right arm in front of body, rotate wrists so palm is facing down when arm is extended
- Pull right arm back to starting position
- Alternate arms, when comfortable increase speed of punches for a quick movement
- To increase cardiovascular benefits shift body weight from leg to leg while punching



LEGS - Outer Thigh & Butt

Straight Leg Side Raise

- Kneel on floor with hands under shoulders and knees under hips
- Keep knee bent as you raise leg out to the side
- Stop when leg is parallel to floor then slowly lower back to starting position
- Complete set on one side then repeat on other side



LEGS - Butt

Rear Leg Raise

- Kneel on floor with hands under shoulders and knees under hips
- Extend one leg behind you, foot flexed
- Squeeze glutes and lift leg up toward ceiling
- Hold for one count at top then slowly lower, do not touch floor
- Complete set on one side then repeat on other side



ARMS - Biceps

Upper Cut

- Make a fist with both hands and hold them at top of chest
- Bend elbows keeping them in front of body and pointing down
- Take right fist to right hip, then punch up toward ceiling
- As you punch with right, bring left fist down to left hip
- Punch with force and cross right to center of body
- Alternate arms, when comfortable increase speed of punches for a quick movement
- To increase cardiovascular benefits shift bodyweight from leg to leg while punching



LEGS - Abs

Seated Leg Raise

- Sit on floor with knees slightly bent and ankles crossed
- Lean back slightly and place hands wide to support body
- Keeping upper body stationary, use abs to raise legs 12-18 inches off floor
- Slowly lower legs, do not touch floor between repetitions



LEGS - Abs

Bicycles

- Lie on back with hands behind head
- Lift feet off floor and bend knees to 90 degree angle
- Lift shoulder blades off floor
- Extend left leg, keeping right knee bent
- As you extend left leg, twist torso toward right knee, keeping elbows out to sides
- Then switch sides, extend right leg, bend left knee and twist torso to left
- Continue alternating sides



ARMS - Chest & Shoulders

Standing Flies

- Bend elbows to 90 degree angle and hold them out to the sides with hands up to ceiling
- Keeping elbows bent and arms lifted, rotate arms in front of body until they touch
- Rotate arms back out to the sides
- At start of repetition your palms will face forward, as you bring arms together your palms will rotate to face in toward body

