

inner thigh raise

lower

Keep chest and head up



Keep foot flexed



Raise leg 12-18 inches

Alternate legs

straight leg side raise

lower

Raise straight leg out to side



Raise leg until parallel to floor



Tap foot on floor, repeat

Alternate legs

v-up

middle

Lean upper body back

Keep feet off floor



Lift legs and bring torso toward thighs



DX-1083N 9.27.15



ANKLE WEIGHT WORKOUT

A great butt lifting workout you can do at home—with or without ankle weights!

Getting started...

- Perform each strength move for 30 seconds—slow & controlled.
- 30 seconds 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.

CHALLENGE!

Wear ankle weights to perform seated leg lifts at your desk

2 FREE GIFTS for you...

- 1 Download our **Top 12 Empower ANKLE WEIGHT Exercises**

Enter code: ANKLE12

- 2 Plus...download our **Empower Recipe Book!** 24 fast, easy, and tasty favorites

Enter code: RECIPE24

empowerfitness.com/welcome

Please review all **WARNINGS & GUIDELINES** printed on the reverse side of this guide before beginning your workout

bent leg side raise

lower

Raise bent leg out to side



Keep knee bent



Alternate legs

rear leg raise

lower

Keep leg straight and foot flexed



Lift leg up and squeeze glute



Tap foot on floor, repeat

Alternate legs

bicycles

middle

Keep feet off floor



Touch elbow to opposite knee



Continue alternating side to side

Find more unique fitness products and workouts at empowerfitness.com

WARNINGS:

- Consult your physician before starting this or any exercise program.
- Store ankle weights away from children under 16 when not in use.
- To avoid unnecessary strain/stress on your joints and muscles, ankle weights should not be worn on ankles for running or exercise walking.
- Failure to follow all warnings and instructions could result in bodily injury or property damage.

GUIDELINES:

- Maintain proper form for each exercise. 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.

CUSTOMER RESOURCES:

- Find more unique fitness products and workouts at: **empowerfitness.com**
- Find answers to many frequently asked questions on our website at: **empowerfitness.com/support**
- Need more personalized attention? Contact us via email at: **info@empowerfitness.com** (a real person will get back to you right away)
- During regular business hours (EST), call our customer service department at: **800-704-5561 X15**

Fitness EM, LLC
660 Douglas Street
Uxbridge, MA 01569

empowerfitness.com

