



## Make your move to a healthier you

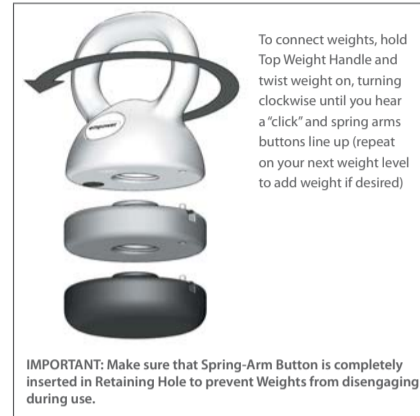
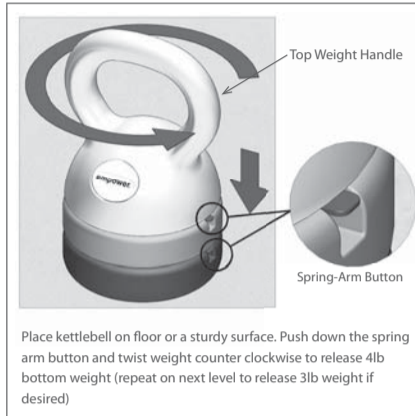
Empower offers a realistic approach to leading a healthy lifestyle. By incorporating fitness, nutrition, and wellness expertise, Empower motivates and inspires women to be active, healthy, and strong.

It's your moment of truth. Make your move to Empower. Visit [www.empowerfitness.com](http://www.empowerfitness.com)

### WARNINGS & GUIDELINES

Carefully read and follow these important warnings and guidelines prior to exercising. 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 keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect product for cuts, tears or abrasions prior to each use. 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 program prior to using this 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.

## Click & twist to easily adjust from 5 to 8 to 12lbs



Tip: For added support, use your free hand to spot your kettlebell during one-handed moves.  
Tip: Make sure area is clear before beginning workout.

# 3-IN-1 ADJUSTABLE KETTLEBELL WORKOUT GUIDE

Dynamic strength training using the adjustable kettlebell

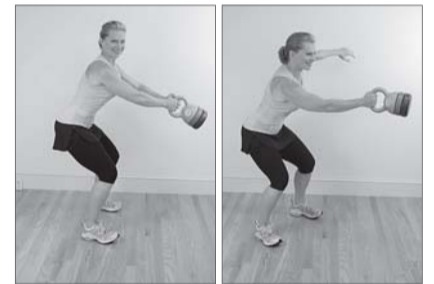
### double arm swing

- Start with kettlebell in both hands and feet shoulder-width apart.
- Swing kettlebell between legs, shifting your weight back.
- Aggressively thrust your hips forward, driving through your heels, extending spine and tightening glutes and thighs.
- Bring kettlebell up to chest height.
- With complete control, return kettlebell back to hike position by sitting back into your hips.
- When kettlebell reaches top of the swing, it should feel almost weightless. Be sure to use your hips and legs to move kettlebell, not your arms.



### alternating one-arm swing

- Stand with feet shoulder-width apart, kettlebell in front of body. Holding kettlebell with right hand, release kettlebell with left hand and lift the arm out to your side.
- Swing kettlebell back between your legs, shifting your weight back.
- Aggressively thrust hips forward, standing up tall, swinging kettlebell up to chest level. Be sure left arm shadows your right.
- At the top, switch kettlebell from right to left hand, making sure not to let go with right until kettlebell is firmly grasped in left hand.
- With control, swing kettlebell between the legs, sitting back into the hips.
- Repeat switching kettlebell back from left to right hand.



### infinities

- Stand with feet hip-width apart and hold kettlebell in both hands by handle. Swing kettlebell from side to side in front of the body in a figure 8 pattern.
- Lift heel and allow opposite hip and knee to dip in and follow direction of kettlebell.



### bicep curls with heel lift

- Stand with feet hip-width apart and knees slightly bent; hold kettlebell in right hand with arm down by side.
- Bend elbow of extended arm and slowly curl kettlebell up to shoulder height while stepping left foot in close to right and shifting weight onto toe of foot, knee bent.
- Slowly lower kettlebell and step back wide to start position.



### single leg dead lift

- Stand on one foot with toe of opposite leg propped on floor slightly behind you. Hold kettlebell down by side in hand on opposite side of supporting leg.
- Keeping both knees slightly bent, perform a dead lift by bending at the hip, lifting and extending non-weight bearing leg behind you for balance.
- Keeping arm straight, lower kettlebell toward floor until torso is parallel to floor.
- Return to standing position.
- Repeat on opposite leg.



### plié squat to upright row

- Stand in wide stance in plié position with toes turned out, knees aligned with toes. Hold kettlebell in both hands in front of body with arms straight.
- Bend knees and lower into squat position, keeping abs contracted and back straight.
- Push back up into start position and rise up on toes as you bring kettlebell to chest level, keeping elbows out and parallel to floor.
- Pull out against handle of kettlebell as you lift and keep abs engaged.
- Slowly lower back to start.



### row to tricep kickback

- With kettlebell on floor in front of you, step back with right leg into leaning lunge position. Grasp kettlebell in your right hand; squeeze the back muscles together as you pull kettlebell up to hip level.
- Keep arm tucked close to body, elbow high and fixed as you slowly extend arm to rear lifting kettlebell parallel to floor.
- Bend elbow bringing kettlebell back to hip level, then lower back toward floor to starting position.



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