

# SAVAGE

## 6-PIECE, ADJUSTABLE POWER TRAINER WORKOUT

A full upper & lower body routine using power cords

- Perform a 3–5 minute warm up prior to beginning workout (marching or jogging in place).
- 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.
- Stretch before and after workout.

**READ DOOR STRAP WARNING BEFORE ATTEMPTING ANY EXERCISES USING DOOR STRAP. WE RECOMMEND USING PROTECTIVE EYEWEAR WHEN USING THE PRODUCT AS A PRECAUTION AGAINST ELASTICIZED CORDS BREAKING, TEARING, OR BEING MISTAKINGLY MISUSED.**

### Upper & Middle Back

Please refer to door strap instructions and warning before performing this exercise.

- Sit on floor facing door.
- Place door strap at rib cage height inside 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 cord.
- Pull handles to sides of body at middle of rib cage, focus on pulling with back muscles.
- Keep elbows pointing behind you throughout repetitions.
- Hold contraction for one count then slowly extend arms back to starting position.

### Mid Row



### Shoulders: Traps & Deltoids

- 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 in front of body with palms facing each other.
- Exhale, lift handles out to sides. Keep slight bend in elbow.
- Raise handles no higher than shoulder height.
- Inhale, slowly lower handle back to starting position.
- Do not bounce at top or bottom of repetitions.

### Lateral Raise



### Shoulders: Traps & Deltoids

- Slide clear plastic sleeve toward one end of power cord. Drop that handle on the floor. Place foot on plastic sleeve.
- Use caution when standing on cord to prevent it from slipping out from under foot.**
- Stand up straight, with abs tight, chest up, knees slightly bent.
- Hold handle in front of body with palm facing inward.
- Exhale, push handle straight up to shoulder height. Pause just before elbow locks out.
- Slowly lower handle back to starting position.
- To increase intensity, move foot closer to center of power cord.

### Shoulder Press

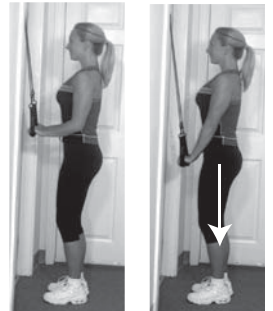


### Triceps: Back of Upper Arms

Please refer to door strap instructions and warning before performing this exercise.

- Anchor door strap to 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.

### Tricep Pressdown



### Glutes & Hamstrings

- Place clear plastic sleeve in center of power cord.
- Place both feet in center of power cord on plastic sleeve.
- 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 top or bottom of repetition.

### Squat



### Abs or Core

- Sit on floor with knees bent close to chest.
- Wrap power cord around feet and hold one handle in each hand, palms facing in. **Use caution when power cord is wrapped around feet to prevent cord from slipping off.**
- 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.

### Ab Crunch



# 6-PIECE, ADJUSTABLE POWER TRAINER

## WARNINGS & GUIDELINES

### WARNINGS:

- Consult your physician before starting this or any exercise program.
- Consult a certified personal trainer if unsure of how to perform any exercise.
- Frequent strenuous exercise should be approved by your doctor.
- Always inspect power cords for cuts or tears before each use.
- When stepping on power cord, always make sure protective plastic sleeve is covering that portion of power cord.
- Always follow detailed instructions (right) when using door strap with this product.
- Store product away from children under 16 when not in use.
- Do not use this product for physical contact with any other person or object.
- The toning cord contains latex.
- **FAILURE TO FOLLOW ALL INSTRUCTIONS COULD RESULT IN SERIOUS BODILY INJURY.**

### GUIDELINES:

- Wear proper clothing.
- Maintain proper form for each exercise.
- Perform all exercises in a slow, controlled manner—keeping back flat and core tight.
- Always lift with your legs, not your back.
- You should gradually increase the difficulty of your fitness routine.
- 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:

- Need more personalized attention? Contact us via email at: [info@empowerfitness.com](mailto: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](http://empowerfitness.com)

### IMPORTANT

**Always inspect power cords for cuts or tears before use.  
Do not use if broken.**

### DOOR STRAP INSTRUCTIONS



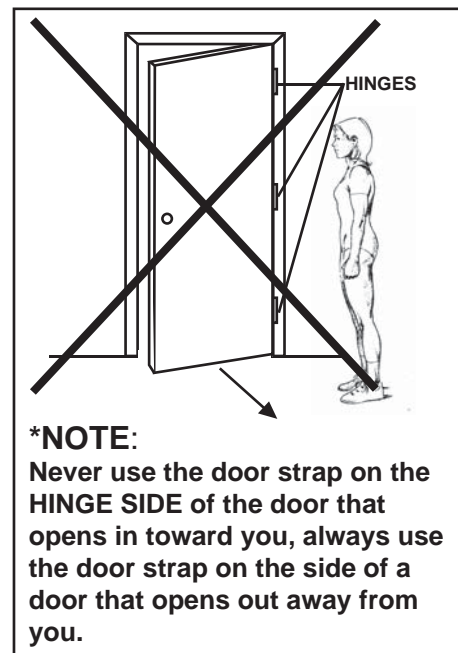
Slip handle through the opening in the door strap.



Place ball end of door strap into open door from **NON-HINGE** side of door. See image and note below.\*



**PULL** door closed, locking the ball end of the door strap on the other side of door. **DO NOT ATTEMPT TO CLOSE BALL IN DOOR.**



### \*NOTE:

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

# SAVAGE