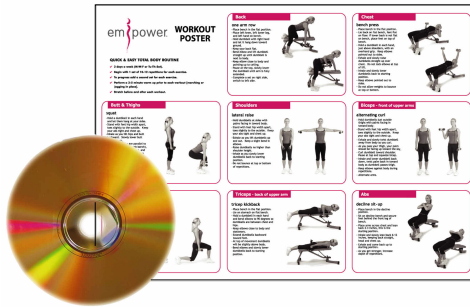
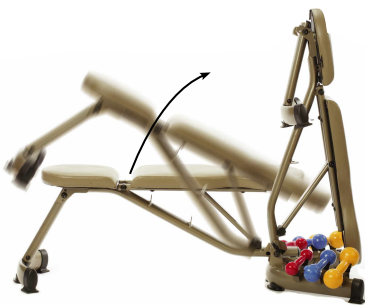


em20 features & benefits



FREE 20 minute
total body workout
DVD & wall poster
with em20 purchase

Plus... BONUS WORKOUTS
empower ABS
empower YOGA
when you purchase on-line!



space saving design
the em20 folds up
easily for storage



32lbs of dumbbells
included with the
em20 are fun, colorful
& easy to use



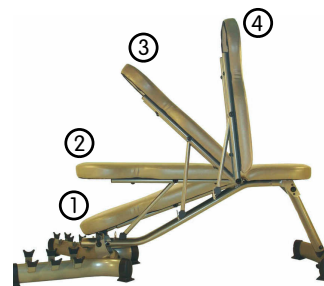
built-in organizer hooks
hold your empower
dumbbells between
workouts



**patented contoured
backrest cushion** allows
full range of motion for
increased effectiveness



extra thick cushions
for added comfort while
you exercise



"easy adjust" bench
quickly switch from decline,
flat, incline or upright to
maximize your workout