





EMPOWER FUSION FIT DISC WITH DVD



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Product Code: MP-3259R - Parent

	Empower Fusion Fit Disc with DVD, 7lb, Teal	\$29.99
Quantity		
	Empower Fusion Fit Disc with DVD, 10lb, Purple	\$39.99
Quantity		



One tool for a total body workout, scientifically proven to be up to 50% more effective than traditional tools! Featured in Glamour and on Active.com, the 10lb Fusion Fit Disc provides an invigorating muscle conditioning, cardio, and core workout with one compact tool with intense 45-second intervals that fuse toning, cardio, & core training to burn up to 300 calories in 30 minutes!

Join the familiar face of Tracey Pierce (seen on 12 rounds DVD in Boxing Boot Camp) leading you through high intensity interval training (HIIT) with 45-second intervals that fuse toning, cardio, & core training to burn up to 300 calories in 30 minutes targeting all your major muscle groups from head to toe!

- 7lb or 10lb weighted disc perfect for both cardio and strength workouts
- Scientifically proven up to 50% more effective for working the core than a kettlebell, medicine ball, or dumbbells
- 300 calorie, 30-minute workout combines 45-second intervals of cardio, core, and strength with bonus abs segment

Empower Fusion Fit Disc

- Includes one sand-filled Fusion Fit Disc, workout DVD, and workout guide
- Versatile Fusion Fit Disc can be used to do kettlebell, medicine ball, and dumbbell moves
- Comfortable and ergonomic shell is easy to grip and soft on your hands and nails

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Empower Fit Disc



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