

WORKOUT OF THE MONTH



Spring
into Fitness!



WORKOUT BUILT BY:

Roger CSEP, CPT
Certified Personal Trainer

City of Edmonton
**Recreation
centres**

Edmonton

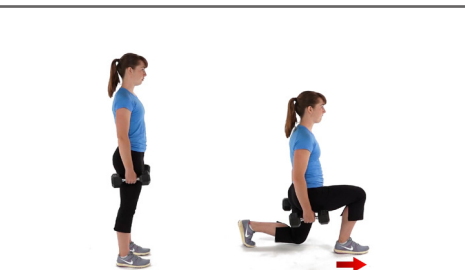
This month's workout is a full body workout that focuses on muscular strength endurance.



1 Box Squat

- Hold the bar comfortably slightly wider than shoulder-width.
- Lower yourself by pushing the hips back and flexing the knees to sit on a box or bench that is about knee high without actually putting all the weight on the bench in a relaxed manner.
- Keep the chest up and back neutral for the duration of the movement.

Complete (3 sets X 15 reps. Rest 30-60 sec)



2 Dumbbell Forward Lunge

- Take an elongated step directly in front.
- At the bottom position, your front leg is flexed at 90° above your ankle and your back knee is 1-2 inches (3-5cm) off the floor.
- Keep your torso upright during the movement.

Complete (3 sets X 15 reps. Rest 30-60 sec)



3 Bench Press

- Lay down on the bench and grab the bar with a slightly wider than shoulder-width grip.
- Lower the bar to your chest and push back up.
- Do not bounce the bar off the chest you should be in control at all times.

Complete (3 sets X 15 reps. Rest 30-60 sec)



4 Push Up

- Put your feet together and place your hands slightly outside of your shoulders.
- Lower yourself all the way down so your chest almost makes contact with the ground and push back up.
- Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times.

Complete (3 sets X 15 reps, Rest 30-60 sec)



5 Assisted Chin Up

- Select the weight on the counterweight machine. The heavier the weight is the easier.
- Grab the chin-up bar with hands facing each other then put your knees on the pad.
- Pull yourself up until your chin clears the bar.

Complete (3 sets X 15 reps. Rest 30-60 sec)



6 Reverse Sit Up

- Start on your back then extend the legs straight slightly off the ground.
- Next, bring your knees to your chest as you lift the lower back off the floor.
- Extend your legs back and repeat.

Complete (3 sets X 15 reps. Rest 30-60 sec)



7 Mountain Climbers

- In a plank position on your hands, slowly bring your knees toward your elbow on the same side alternately.
- Make sure that your hips and lower back stay neutral during the duration of the exercise.

Complete (3 sets X 15 reps. Rest 30-60 sec)



8 Abdominal Plank

- Place the elbows directly under the shoulders and prop yourself on the elbows, keeping a neutral back and head aligned with the spine.

Complete (3 sets X 15 reps. Rest 30-60 sec)

Resistance Training Guide & Tracker



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This month's workout is a full body workout that focuses on muscular strength endurance. Complete the prescribed number of repetitions for each exercise resting 30 – 60 seconds between sets..

DATE																						
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	
Box Squat																						
Dumbbell Forward Lunge																						
Bench Press																						
Push Up																						
Assisted Chin Up																						
Reverse Sit Up																						
Mountain Climbers																						
Abdominal Plank																						

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