Getting Started Program

Exercise Prescription: Complete 8 – 10 repetitions of each exercise for a total of 1–3 sets. Rest 60–90 seconds between each set.

1 Leg Press
- Adjust the seat so there is a 90 degree bend at the knee in the starting position.
- Push through the balls of your feet extending your legs fully.
- Return to the starting position through a slow controlled motion.

2 Prone Hamstring Curl
- Adjust the backrest so your knees are at the end of the seat and unsupported.
- Pull both heels down against the pad.
- Do not arch the lower back.

3 Seated Row
- Adjust the seat height your chest is at the top of the pad.
- Pull the handles towards the body squeezing shoulder blades together.
- Return to start position through a slow controlled motion.

4 Chest Press
- Set seat height so handles are at chest level.
- Bring the handles toward you body under control and push away from your body by straightening your arms.

5 Lat Pull Down
- Always pull the bar to the front of the body.
- Squeeze shoulder blades together at bottom.
- No movement through the hips only arms.

6 Shoulder Press
- Set the seat height so the handles are at shoulder level.
- Keep your back neutral and prevent arching by activating your abdominals.
- Return to the starting position in a slow controlled manner.

7 Stability Ball Dead Bug
- Lie on your back and squeeze a stability ball between your hands and knees.
- Breathe normally while lowering one leg straight and lowering the opposite arm over head.
- Just before touching the ground return the leg and arm to the starting position and repeat with the opposite arm and leg.

8 Front Plank
- Start face down on elbows and knees.
- To progress the exercise extend your legs lifting your knees off the ground.
- Maintain the position without arching the lower back.

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To achieve health benefits, adults aged 18–64 years should accumulate at least 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

### Specific Goals in mind? — our pros can help.

- Exercise consultation
- Private Personal Training
- Semi-Private Personal Training
- Small Group Personal Training
- Customized Small Group Training
- Nutrition counselling & follow-up

**Personal Training Phone Number**
780–690–2278

Registration, more info & pricing at edmonton.ca/PersonalTraining

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