**WORKOUT OF THE MONTH**

**Dumbbell Lower Body Workout**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Position</th>
<th>Pair Up With</th>
<th>Sets/Reps</th>
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</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>Goblet Squat</td>
<td>Grab a dumbbell and place it against the chest. Keep your feet shoulder width apart. Shoulders are back and down.</td>
<td>goblet squats</td>
<td>3 sets of 10–12 reps</td>
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<tr>
<td><strong>2</strong></td>
<td>Split Squats</td>
<td>Place one foot on the edge of the bench. Start the movement in the hip of your standing leg. The focus is to keep the knee pointing straight (not caving in) and behind the big toe. Keep the chest up and shoulders back and down.</td>
<td>goblet squats</td>
<td>3 sets of 8–10 reps per leg</td>
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<tr>
<td><strong>3</strong></td>
<td>Dumbbell Deadlift</td>
<td>Grab the weights and stand with feet shoulder width apart. Keep your knees slightly bent. Start by pushing your hips back while your knees are stationary.</td>
<td>sumo squats</td>
<td>3 sets of 10–12 reps. Can be performed with one or two dumbbells</td>
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<td><strong>4</strong></td>
<td>Step Ups</td>
<td>Step up with one foot on the bench or elevated platform. Push up off the bench leg by extending the hip and the knee. Keep the knee behind the big toe, point straight and don’t lock it as you’re coming up. Step down with the same leg that started on the floor. Do one side at a time.</td>
<td>stiff leg deadlift</td>
<td>3 sets of 8–10 reps per leg</td>
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<td><strong>5</strong></td>
<td>Sumo (Plie) Squat</td>
<td>Stand with feet slightly wider than shoulder width apart and toes turned out at a 45 degree angle. Start in the hips while bending your knees and lowering your torso, keeping your back straight. Bend your knees to 90 degrees. Squeeze your glutes and come to standing position.</td>
<td>stiff leg deadlift</td>
<td>3 sets of 10–12 reps</td>
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<td><strong>6</strong></td>
<td>Side Lunge</td>
<td>Stand with feet shoulder width apart. Shoulders back and down and knees slightly bent. Take a lateral step to the right. Start pushing your right hip back while keeping your foot pointing straight. Keep the knee behind the big toe and avoid caving in. Keep the chest up. Come back to the starting position by extending in the right leg. Do one leg at a time, then switch sides.</td>
<td>sumo squats</td>
<td>3 sets of 8–10 reps per leg</td>
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**Exercise Prescription:**
- Pair up with goblet squats, do 3 sets of 8–10 reps per leg.
- Pair up with sumo squats, do 3 sets of 8–10 reps per leg.

**Workout Built By:**

Renata
CSEP Certified Personal Trainer

[edmonton.ca/PersonalTraining]
### Resistance Training Guide & Tracker

**WORKOUT BUILT BY:**

Renata  CSEP Certified Personal Trainer

**TRAINER TIP:** All the single leg exercises can be performed with dumbbells or body weight. The goal is to do a two legged exercise followed by a single leg exercise (superset) then take a break.

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<th>EXERCISE</th>
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**Small Group Personal Training**

- Train in a small group setting of 5–10 people
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- Develop your exercise routine & habits

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We've got your back – try this back strengthening workout!

WORKOUT OF THE MONTH

1. **Kettle Bell Swing**
   - Start standing with the kettlebell slightly in front of you
   - Push the hips forward by squeezing the glutes to swing the kettlebell
   - Push the hips back to hinge forward and lower Kettlebell to between the thighs
   - 3 sets of 10–12 reps

2. **Plate Squat**
   - Standing place plate on head or pressed above head
   - Push the hips back and flex the knees to lower yourself into a squat
   - Keep the back straight, chest out and shoulders back and down
   - 3 sets of 10–12 reps

3. **Single Arm Bent over Dumbbell Row**
   - Lean forward, supporting body with one hand to brace torso in a neutral posture
   - Squeeze core and bring weight up to chest by bending arm at elbow
   - Lower weight slowly, keeping core muscles tight
   - 4 sets per side, 6 reps

4. **Split stance single arm cable press**
   - Put the farthest knee from the pulley station down on the floor
   - Hold an pulley handle in your hands at chest height
   - Extend your arms forward and bring back the hands near the body
   - 3 sets per side, 6 reps

5. **Curl up holds**
   - Lay down with your feet flat on the ground
   - Your back must be flat on the ground
   - Lift your upper back only and avoid pulling on your head
   - 4X 8 second holds set 1
   - 3X 8 second holds set 2
   - 2X 8 second holds set 3

6. **Bird Dog**
   - Start on all four with your knees under hips and hands under shoulders
   - Brace the abdominals and push one leg back and reach in front with the opposite arm
   - 3 sets per side, 5 reps

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**Resistance Training Guide & Tracker**

**WORKOUT BUILT BY:**
**Emmanuel** Certified Personal Trainer

**TRAINER TIP:** Focus on keeping good posture throughout (back straight) and breathing, choose proper weight (technique over load)

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**Small Group Personal Training Olympic Lifting**

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**WORKOUT OF THE MONTH**

High Intensity Circuit Training (HICT) Full-Body, Body Weight

**WORKOUT BUILT BY:**

Katelyn Drake  
Certified Personal Trainer

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1. **Mountain Climbers**  
   - In a plank position, bring your knees toward your elbows on the same side, alternate  
   - Make sure that your hips and lower back stay neutral during the exercise  
   - Progress: Drive knee towards opposite shoulder to target obliques  
   1 minute, followed by 30 seconds of rest

2. **Lunge**  
   - Stand with your feet apart (one forward, one backward)  
   - Lower your body by bending the knees to 90 degrees. Return to starting position.  
   - Repeat exercise on opposite leg  
   1 minute, followed by 30 seconds of rest

3. **Tricep Dip**  
   - Sit on the edge of the bench and grip the edge next to your hips  
   - Extend legs hip-width in front of you  
   - Lower yourself down towards the ground, then in a slow controlled movement push up to the start position. Repeat.  
   1 minute, followed by 30 seconds of rest

4. **Burpees with Push Up**  
   - Touch the ground with your chest (push up position), perform a push up then get back up and jump with your hands higher than your shoulders.  
   - Repeat quickly  
   1 minute, followed by 30 seconds of rest

5. **Body Weight Squat**  
   - Push the hips back and flex the knees to lower the body down until the thighs are parallel to the ground  
   - Keep the back straight, chest out and shoulders back and down  
   - You can balance yourself by raising the arms forward as you lower  
   1 minute, followed by 30 seconds of rest

6. **Plank with Opposite Shoulder Tap**  
   - Position yourself in a plank position, feet shoulder width apart  
   - Keep your abdominals braced and tap the opposite shoulder with the hand  
   - Make sure your hips and trunk don't shift to one side as you tap. Your trunk should remain still.  
   1 minute, followed by 30 seconds of rest

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**Resistance Training Guide & Tracker**

**WORKOUT BUILT BY:**

**Katelyn Drake** Certified Personal Trainer

*Perform each exercise for 1 minute, then rest for 30 seconds. Repeat the circuit 2–3 times!*

**TRAINER TIP:** Breathe... make sure that you're getting maximum oxygen flow while generating energy to get you through this workout! Remember... in through your nose, out through your mouth... Follow along so you can feel the burn!

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<th>Exercise</th>
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