**Dumbbell Lower Body Workout**

1. **Goblet Squat**
   - Grab a dumbbell and place it against the chest. Keep your feet shoulder width apart. Shoulders are back and down.
   - Start the movement with your hips (hip hinge).
   - Go as low as comfortable making sure your chest is up and knees stay behind the big toes.
   - Pair up with exercise #2, do 3 sets of 10-12 reps.

2. **Split Squats**
   - Place one foot on the edge of the bench.
   - Step forwards with your front leg and plant your foot flat on the floor. 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.
   - Exercise Prescription: Pair up with goblet squats, do 3 sets of 8-10 reps per leg.

3. **Dumbbell Deadlift**
   - 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.
   - Focus on a straight back, the lowest you should go is when it's parallel to the ground, so the dumbbells go a little under the knees.
   - Start bringing your torso up straight again by extending your hips until you are back at the starting position.
   - Pair up with exercise #6, do 3 sets of 10-12 reps.
   - Can be performed with one or two dumbbells.

4. **Step Ups**
   - 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.
   - Pair up with stiff leg deadlift, do 3 sets of 8-10 reps per leg.

5. **Sumo (Pile) Squat**
   - 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.
   - Pair up with exercise #6, do 3 sets of 10-12 reps.

6. **Side Lunge**
   - 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.
   - Pair up with sumo squats, do 3 sets of 8-10 reps per leg.

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**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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**Small Group Personal Training**

- Train in a small group setting of 5–10 people
- Access a certified trainer at a reduced rate
- Develop your exercise routine & habits

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

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

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 the 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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*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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