



Glutes! This important muscle group is key to reducing injury risk to your body, especially the knees



1 Glute Bridges

- Lie on your back on the mat and plant your feet on the ground hip width apart with your hands extended at your sides
- With your legs bent at the knee squeeze your glutes and push through your heels to bring your thighs in line with your torso



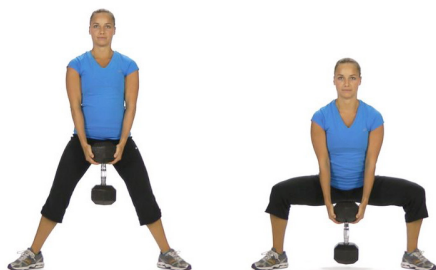
2 Lying Leg Raises

- Lie on your side with your leg at the floor at a 90 degree angle
- Make sure the hips are stacked on top of each other and raise your upper leg straight up



3 Clamshells

- Lie on your side with both knees at 90 degree angles with your hips stacked on top of each other
- Slowly raise the top leg until you feel your glutes activated
- Slowly return to the start position and repeat



4 Sumo Squats

- Hold a dumbbell or kettlebell with feet wider than hip width apart with feet turned outside
- Keeping your back upright, bend your knees, ankles, and hips, to return to start extend all three



5 Romanian Deadlifts

- Place feet hip to shoulder width apart and your toes pointed slightly outward, your hands slightly wider than shoulder width apart, holding the bar with an overhand grip (palms facing you)
- Keep your back flat with your chest up with your neck in a neutral position
- Keeping the bar as close as possible slightly bend your knees and push your hips back without rounding your back, then return to the start



6 Bulgarian split squat with Dumbbell

- Grab the dumbbells in each hand and put your back foot on a bench or box
- Bring the back knee towards the ground to as low as possible without back extension
- Keep the torso upright at all times and do not let the front knee go past the toes

Resistance Training Guide & Tracker



WORKOUT BUILT BY:

Danielle CSEP Certified Personal Trainer

Start with some cardio, such as biking to get a sweat on before you start these exercises, focus on squeezing your butt on the lengthening portion of the exercise. The following exercises may be modified to suit the individual. Taking away a component or adding another can make the exercise easier or more difficult. Enroll in a consultation with myself or another City of Edmonton personal trainer for more information about how to safely change the exercises to your needs.

DATE																							
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT		
Glute Bridges																							
Lying Leg Raises																							
Clamshells																							
Sumo Squats																							
Romanian Deadlift																							
Bulgarian split squat																							

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