

# WORKOUT OF THE MONTH



## Workout of the Month- Core Strength and Stability



WORKOUT BUILT BY:

**Xi** CSEP Certified Personal Trainer  
YMCA Certified Instructor Trainer

City of Edmonton  
**Recreation  
centres**

Edmonton

This month's workout focuses on building core strength and stability.



### 1 Kettlebell Deadlift

- Keeping the back straight, bend over to grasp the handle.
- Extend your hips and knees to lift the kettlebells off the floor.
- As the kettlebells rise just above your knees, push your hips forward.



### 2 Squat with Press

- Place one end of the barbell into a landmine attachment.
- Squat down, pushing your hips back to keep your heels on the floor and back straight.
- Extend your hips and arms to press the bar upward.



### 3 Feet Elevated Hip Thrust

- Start with your feet on a bench with your knees and hips bent 90°.
- Extend your hips into a full bridge.
- Lower under control.



### 4 Plank

- Create a straight line with your body.
- Maintain the position without arching the lower back.
- Focus on tensing your abdominal muscles.



### 5 Half-Kneeling Cable Chop

- Assume a half-kneeling position with the leg closer to the pulley station in front. Both knees should be bent to 90°.
- Grasp the ends of the rope with both hands.
- Next pull your lower hand down and behind your hip while chopping down with your higher hand bringing it toward the inside of your front knee as if you were chopping wood.



### 6 Medicine Ball Twist

- Sit down in a sit-up position with your feet on the ground.
- Twist the med ball from left to right, rotating the trunk and shoulders.



### 7 Straight Leg Scissors

- Lie on your back.
- Extend your legs straight above hips.
- Alternate lowering one leg to the floor.



### 8 Side Plank with Hip Abduction

- Lie on your side with your elbow positioned under the shoulder.
- Prop yourself on the elbow to go into a side plank position and hold, keeping the torso, hips and feet in a straight line.
- From this position, lift the top leg to abduct the hip, keeping the foot pointed forward and leg directly over the other leg.

# Resistance Training Guide & Tracker



**WORKOUT BUILT BY:**

**Xi** CSEP Certified Personal Trainer, YMCA Certified Instructor Trainer

Core strength and stability are very important for maintaining lower back health and improving performance.

**Complete 3 sets of each exercise with 30-60s rest between exercises.**

DATE																						
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	
Kettlebell Deadlift																						
Squat with Press																						
Feet Elevated Hip Thrust																						
Plank																						
Half-Kneeling Cable Chop																						
Medicine Ball Twist																						
Straight Leg Scissors																						
Side Plank with Hip Abduction																						

Are you interested in a progressive, creative and well-structured strength training program?

**Small Group Personal Training**

Small group personal training provides you with 4 weeks of strength training designed by a Certified Personal Trainer. Training in a small group of (5-10 individuals) allows you access the services of a personal trainer at a greatly reduced rate while developing consistent exercise habits in an environment of accountability.

**REGISTER TODAY!**

[edmonton.ca/PersonalTraining](http://edmonton.ca/PersonalTraining)

sessions from

**\$19\***

\*member price reflected, non-member price from \$20.50

