

WORKOUT OF THE MONTH



Obstacle Fit Workout



WORKOUT BUILT BY:
Krista CSEP Certified
Personal Trainer

Recreation
centres

Edmonton

With winter approaching, now is a great time to focus on cross-training for that obstacle/mud run you've been wanting to take on next year. See reverse for program details on Kinsmen Obstacle Dash! A fun, challenging course happening Saturday, October 5 @ the Kinsmen Sports Centre.



1 Active Hang

- Hang from a bar with an overhand grip. Your feet shouldn't touch the floor
- Make sure your shoulder blades are engaged (pull shoulders down away from ears) and that you're not passively hanging
- Can be progressed into pull-ups or travelling on monkey bars
- 2-3 sets holding until fatigue, 60 sec rest between sets



2 Step-ups (High Step)

- Stand in front of a step that is knee high (knee at about 90 degrees).
- Put a foot on the step and lift yourself up using only this leg. Keep the knee aligned and torso straight.
- Can increase difficulty by holding weight
- 2-3 sets of 8-10 reps each side, 30-60 sec rest between sets



3 Rope Pull

- Standing with feet shoulder-width apart, reach up to grab the rope with one hand
- Pull the rope hand over hand in a downward motion at a continuous, fast pace
- Keep the abs engaged, & chest lifted
- 2-3 sets of 30-45 secs, 30-60 sec rest between sets



4 One Hand Farmer's Walk

- Hold a dumbbell or kettlebell in one hand only
- Walk forward while keeping the trunk upright and shoulders back/down
- The goal is to work the grip and the abdominals by keeping the trunk upright to resist the pull of the weight
- 2-3 sets of specific distance (ex. 1 lap around track or 200m) changing hands halfway, 30-60 sec rest between sets



5 Single Leg Balance with Reach

- Three targets should be placed on the ground two feet from your right, left and in front of you
- Stand on one leg with your knee slightly bent and, holding a light weight in your hands, reach the weight down to each target, swinging the back leg up. Stand back up straight between each reach
- Maintain control of the movement, do not rush through it. Can increase difficulty by standing on a wobble board
- 2-3 sets of 10-12 reaches each leg, 30-60 sec rest between sets



6 Glider Army Crawl Plank

- Position yourself in a plank or modified plank position with your feet or knees on glider disks
- Use your arms to crawl forwards and backwards along a mat or similar distance, keeping your trunk and hips stable
- Keep your abs & glutes tight, do not let your lower back arch
- 2-3 sets of 30-45 sec, 30-60 sec rest between sets

Resistance Training Guide & Tracker



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Try adding this workout into your weekly routine to crush all the obstacles on the course. Remember to start with some light cardio to warm up and a cooldown & stretch to finish off. Check out the Obstacle Dash program information below!

DATE																						
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	
Active Hang																						
Step-ups (High Step)																						
Rope Pull																						
One Hand Farmer's Walk																						
Single Leg Balance with Reach																						
Glider Army Crawl Plank																						

Kinsmen Obstacle Dash

Saturday October 5, 2019
9:30am – 11:15am

Check-in 9-9:30am
Obstacle Orientation: 9:30-9:45am
Dash Begins: 9:45-11:15am

Register Today!
kinsmen.eventbrite.ca

- + 2km, 4km, 6km distances
- + 10+ Obstacles
- + Swag, prizes and more

FREE FOR MEMBERS
+
Bring a friend for free!

