

WORKOUT OF THE MONTH



Full Body Superset Workout



WORKOUT BUILT BY:
Charles CSEP Certified
 Personal Trainer



Edmonton

This month's workout – Supersets help amp up the intensity for people on a tight gym schedule

Perform exercises in pairs (1 & 2, 3 & 4, 5 & 6) one after the other then rest then repeat for desired sets and reps.



1 KB Goblet Squats

- Stand holding a kettlebell by the horns close to your chest. This will be your starting position
- Squat down between your legs and push your knees out in the bottom
- Keep your chest and head up and your back straight
- 2-3 sets of 8-12 reps followed by Exercise 2



2 Primal Walk

- Keep your back straight and abs tight
- Move on your feet and hands only (Hips and shoulders should remain level and stable)
- 2-3 times for length that control and position can be maintained. Rest. Then start back at exercise 1



3 Dumbbell Bent Over Row

- Bend your knees, push your hips back, lean forward with your torso and try to be in a 45° angle or more
- With your chest out and back straight, row the dumbbells in a controlled movement to your sides, in line with your navel
- Do not poke forward with your chin/head and never round your lower back
- 2-3 sets of 8-12 reps followed by exercise 4



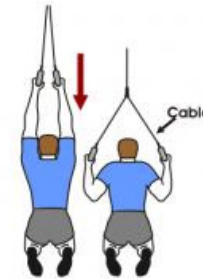
4 Cable Pull Through

- Starting with a low-pulley in between your leg and with the knees slightly bent push your hips backwards as you bend your torso toward the ground keeping your back straight
- Then pulling against the pulley using your glutes bring your hips back forward and lift yourself up in a straight position
- Make sure to keep the chest out the shoulder blades down and the chin tucked in
- 2-3 sets of 8-12 reps. Rest. Start back at exercise 3



5 Landmine Press

- Set up so that there is a subtle (but not aggressive) stretch on the trailing leg hip flexors
- Brace the core tightly to be very stable and press straight out not across your body
- Keep the shoulder back as you return the bar toward you and keep the head neutral
- 2-3 sets 8-12 reps per side. Continue on to exercise 6



6 Cable Lat Pulldown

- Keep your back straight and abs tight
- Extend the arms and pull on each side the hands aligned with the shoulders
- 2-3 sets of 8-12 reps. Rest. Start back at exercise 5

Resistance Training Guide & Tracker



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Utilizing supersets is good way to save time and keep intensity by reducing rest time between sets and exercises. Allowing you to perform more work in less time. Great tool for people with limited time to spend in the gym.

DATE																						
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	
KB Goblet Squat																						
Primal Walk																						
Dumbbell Bent Over Row																						
Cable Pull Through																						
Landmine Press																						
Cable Lat Pulldown																						

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