

# WORKOUT OF THE MONTH

## Dumbbell Lower Body Workout



WORKOUT BUILT BY:

**Renata**

CSEP Certified Personal Trainer

Recreation  
centres

Edmonton

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 #4, do 3 sets of 10-12 reps. Can be performed with one or two dumbbells

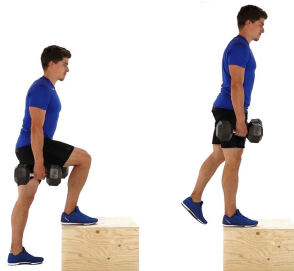


4

### 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

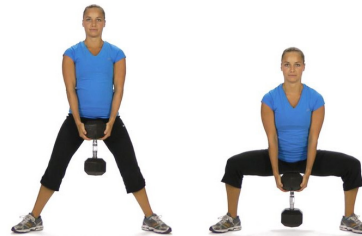


5

### Sumo (Plie) 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



# Resistance Training Guide & Tracker



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**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.

DATE																						
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	
Goblet Squat																						
Split Squats																						
Dumbbell Deadlift																						
Step ups																						
Sumo (Plie) Squat																						
Side Lunge																						

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