

DUMBBELL



WORKOUT BUILT BY:

Jerry Krossa-Wong,
CSEP - Certified Personal Trainer



WORKOUT OF THE MONTH

Grab some dumbbells and try this simple routine for a full body workout! [See reverse for guide & tracker to maximize your workout.](#)

1



Arm Dumbbell Row

Support yourself on a bench with your leg and arm and have your torso parallel to the ground. Pull the dumbbell toward your waist without dropping your shoulder in the lowering

2



Alternating Dumbbell Shoulder Press (Neutral)

Seated with dumbbells over your shoulders and palms facing each other, press one dumbbell all the way over your head and lower it under control back to the starting position. Make sure to keep your forearm as vertical as possible and repeat with the other arm. phase or rotating the trunk.

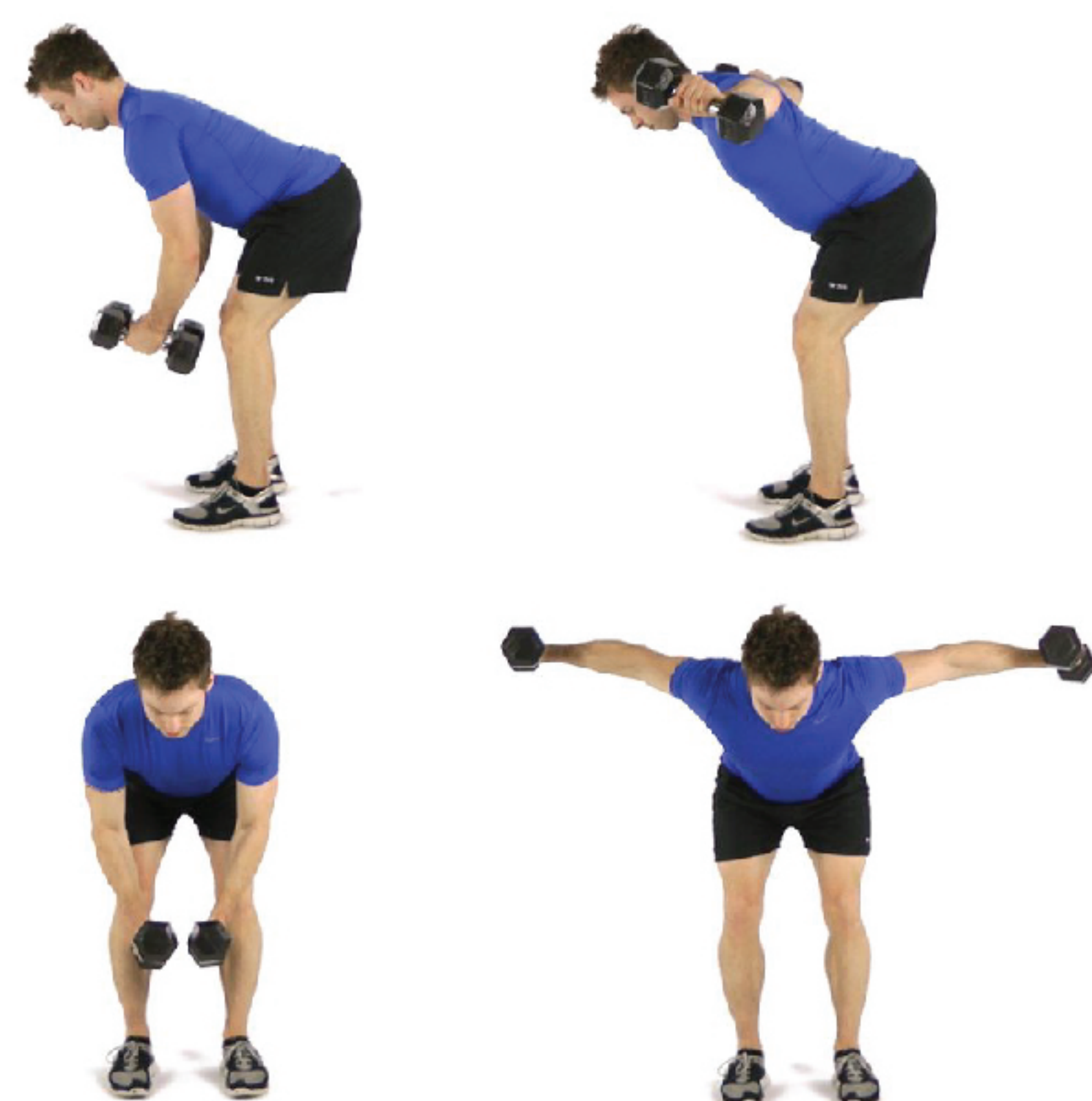
3



Flat Dumbbell Fly

Supine on a bench, bring the dumbbells over your chest, palms facing each other. Lower them at your side keeping your arms almost straight (keep your elbows slightly bent, especially in the bottom portion) and bring them up as you were hugging someone.

4



Bent-over Lateral Raise

Stand up, flex the knees slightly and bend forward from the hips with the back straight. Lift the dumbbells to the side in line with the shoulders. Do not bring the head forward as you lift.

5



Dumbbell Romanian Deadlift

Start upright feet hip-width apart holding a pair of dumbbells. Push your hips back to incline your torso while flexing slightly your knees. Stop when you feel enough tension in your hamstrings and go back to the starting position. Keep your back flat and chest out. The dumbbells should remain close to your legs. Elbows are straight at all times.

6



Dumbbell Goblet Squat

Hold a dumbbell in your hands on your chest close to your chin. Feet are shoulder-width apart. Lower to the point where thighs are parallel to the ground by pushing the hips backward and flexing the knees. Keep the chest up and back neutral for the duration of the movement. Keep the heels planted on the ground and knees aligned with the ankles.

Resistance Training Guide & Tracker

★ Goal : Strength

Aim for 1–6 repetitions per set and approximately 4–6 sets per training session. Select weights heavy enough to exhaust your muscles per set.

★ Goal : Muscle Growth

Aim for 6–12 repetitions per set and approximately 3–5 sets per training session. Select weights heavy enough to nearly exhaust your muscles per set.

★ Goal : Endurance

Aim for 12–30 repetitions per set and approximately 2–4 sets per training session. Select weights heavy enough to nearly exhaust your muscles per set.



WORKOUT BUILT BY:

Jerry Krossa-Wong, CSEP - Certified Personal Trainer

TRAINER TIP: Choose a weight to your comfort level to begin, working Aim for 7–10 repetitions per set. Complete 1–3 sets with good technique, incorporating 45–60 seconds of rest between sets.

DATE																						
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	
Arm Dumbbell Row																						
Alternating Dumbbell Shoulder Press																						
Flat Dumbbell Fly																						
Bent-over Lateral raise																						
Dumbbell Romanian Deadlift																						
Dumbbell Goblet Squat																						

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– our pros can help.**

- ✓ Exercise consultation
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- ✓ Semi-Private Personal Training
- ✓ Small Group Personal Training
- ✓ Customized Small Group Training
- ✓ Nutrition counselling & follow-up

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WORKOUT OF THE MONTH



WORKOUT BUILT BY:

Pepie,
CSEP – Certified Personal Trainer

City of Edmonton
**Recreation
centres**

Edmonton

Follow these exercises for a full-body workout! [See reverse for guide & tracker to maximize your workout.](#)



1 Box Jump

Find a step or box that is approximately knee height. Stand with feet hip width apart and the jump onto the box. Step or jump down from the box phase or rotating the trunk.



2 Bosu Push Up

Place your feet hip width apart and your hands on the flat portion of the bosu ball forming a plank. Make sure to brace your abdominals and maintain your plank so your body moves as one block. Bending at the elbows lower yourself as low as you can or until your chest makes contact with the Bosu and push back up.



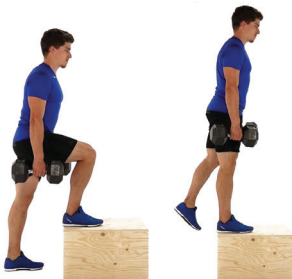
3 Inverted Row

Position yourself under a bar by hanging with your arms straight. Your palms should be facing you, in an underhand grip. Pull your chest to the bar. Avoid letting your chin poke forward. Keep your head in line with your spine.



4 Hanging Oblique Raise

Hang from a bar high enough so your feet are off the floor. Without swinging raise your knees in a diagonal toward one side until your thighs are parallel to the floor. Lower under control and repeat on the other side.



5 Step Up

Find a step or box that is approximately knee height. Place a foot on the step and lift yourself up using only this leg. Keep the knee aligned over your second toe, maintain an upright torso and avoid pushing off with the back leg. Can be done with or without dumbbells!



6 Plank with Arm Lift

Position yourself in a tall plank position with your hands directly under your shoulders and your body in a straight line. Keeping your trunk stable and core braced, lift one arm in front, then move it on the side and lower it to the ground. Alternate sides.



7 Side Step Lunges

Stand with your feet together and your hands together in front of you. Lunge to one side keeping your knee cap over your second toe and a slightly arched back (hips stick back). Land softly and push through your heels to return to starting position. Repeat on the other side.



8 Side Plank with Up/Down

Lie on your side. Place your elbow directly underneath your shoulder and lift your hips off the ground. In the top position, you should be in a straight line: head, hips and feet aligned. Repeat this up and down movement. Keep the head in line with the spine.

Resistance Training Guide & Tracker

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★ Goal : Endurance

Aim for 12–30 repetitions per set and approximately 2–4 sets per training session. Select weights heavy enough to nearly exhaust your muscles per set.



WORKOUT BUILT BY:

Pepie, CSEP – Certified Personal Trainer

TRAINER TIP: Aim for 7–10 repetitions per set for each exercise. Complete 1–3 sets, incorporating 45–60 seconds of rest between sets. Work with the movement of your body to complete the exercises with a focus on good technique.

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WORKOUT OF THE MONTH



WORKOUT BUILT BY:

Krista,

CSEP – Certified Personal Trainer. Canfitpro Fitness Instructor Specialist



Edmonton

Follow these exercises to help improve your posture! [See reverse for guide & tracker to maximize your workout](#)



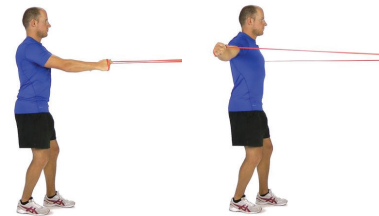
1 Neck Extension

Make a small loop in the middle of the elastic with 2 bands left on either end to hold in each hand. Place your hands at head height on the wall with elbows bent and the elastic slightly loose. Bring your head back into the neutral position head in line with your body. Straighten your elbows to tension the elastic maintaining the neutral position of the head and neck. Nod your chin down & lift your chin up into extension keeping the head back in line with the body.



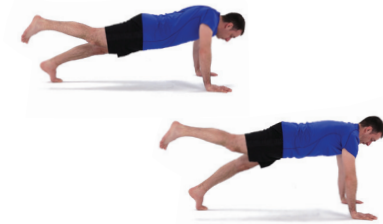
2 Neck Flexion

Lying flat on your back, lift your head up off of the ground bringing your chin straight down to your chest. Lower your head back down to the ground and repeat. Do not turn or tilt your head. Can use a weight to add more resistance.



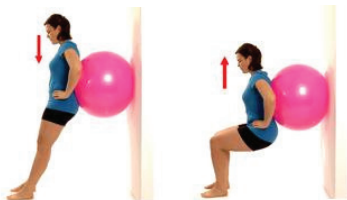
3 Band Reverse Fly

Secure the band in front at shoulder level and place one foot in front of the other. Hold one end of the band in both hands with elbows soft and hands in neutral (thumbs up). Without moving the trunk, pull band outward squeezing between the shoulder blades.



4 Scapula Push-ups

In a push-up position with the arms straight & core tight. Lower your chest towards the floor without bending the elbows. Push your back up towards the ceiling by protracting the scapula (spreading the shoulder blades apart) to push yourself away from the floor. Option to lift one leg for more challenge.



5 Ball Squat

Place ball between wall and lower back. Keep back straight and abs tight. Lower down until knees bend at 90 degrees with knees in line with ankles. Press back up to start position.



6 Cable Face Pull

Set up the pulley at face height. Hold the rope palms down and pull it toward your neck with the elbows high and shoulder low. Keep your back straight and don't poke the chin forward as you pull.



7 Cable Straight Arm Pulldown

Set the pulley in a high position. Keep the body straight and hold the bar attachment slightly wider than shoulder width. Keeping the arms straight & abs engaged, pull the bar toward your thighs.



8 Posture Stretch on Roller

Lie down on your back with your spine on a foam roller. Your head should be supported so it is aligned with the spine. You can either have your arms relaxed with elbows on the ground and hands on the chest or you can bring the back of your hands toward the ground to increase the stretch. Hold the position and focus on relaxing.

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WORKOUT BUILT BY:

Krista, CSEP – Certified Personal Trainer. Canfitpro Fitness Instructor Specialist

TRAINER TIP: Aim for 7–10 repetitions per set for each exercise. Complete 1–3 sets, incorporating 45–60 seconds of rest between sets. Work with the movement of your body to complete the exercises with a focus on good technique.

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WORKOUT OF THE MONTH

Mobility exercises
for the older adult



WORKOUT BUILT BY:
Krysta F. CSEP CPT
Certified Personal Trainer.

City of Edmonton
**Recreation
centres**

Edmonton

This month's workout is designed for adults looking to help prevent age related changes to muscle bones and joints



1 Soldier's Walk

Walk like a soldier at a comfortable pace. Lift your knees high and swing the arms and stand tall.



2 Kneeling Lateral Reach

In a kneeling position, reach to one side as far as possible — as to touch an imaginary object—while keeping your balance. Repeat.



3 Forward Step on all 4's

Begin on all fours, or use a black box about knee height. Lift one leg off the mat, take a big step and try to bring your leg as far forward as you can. Bring your leg back so you're on all fours and take a big step with the other leg. Alternate sides.



4 Large Sideways Step

Look in front, take a wide step to the side. Repeat in the other direction.



5 Seated to Standing

Start in a straight-back seated position. Stand up, then sit down while keeping the weight evenly distributed on both legs and without helping yourself with our arms. Repeat



6 Shoulder Flexion with wall

Stand up straight beside a wall at approx one arm length away from it. Place your fingertips on the wall and climb up the wall slowly with your hand. Lower your hand back down by your side. Keep your body straight and your shoulders at the same level.



7 Subpine Leg Raise

Lay on the floor with your knees bent and legs in the air. Lower your legs until your feet are just above the floor and lift your legs back up. Keep your lower back flat on the floor. Can do one leg at a time.



8 Straight arm Pulldown

Tie an elastic strap to a secure object in front and above you (such as over a door). Bring shoulders back and down and hold the elastic strap. Pull your arms backward while keeping your elbows straight. Return to the starting position.

Resistance Training Guide & Tracker



WORKOUT BUILT BY:

Krysta F. CSEP – Certified Personal Trainer. Canfitpro Fitness Instructor Specialist

It's never too late to start thinking about muscle strength and growth, this will also improve bone density and boost energy levels. Aim for 1-3 sets of 8-12 repetitions with 60-90 seconds of rest between exercises and always remember to focus on good technique!

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EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	
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WORKOUT OF THE MONTH

Pre-season
sports training



WORKOUT BUILT BY:
Cole G. CSEP CPT
Certified Personal Trainer.



This month's workout can be used to prepare for all sports – from hockey to indoor soccer. See reverse for trainer tips & more!



1 Leg lateral hurdle hop

Start on one foot next to a line of hurdles or an agility ladder. Begin with a slight bend of the knee and jump laterally over the first hurdle. Keep knees stable - no movement towards the centre.



2 Box Jump

Start facing the box, feet shoulder width apart. Begin with a slight bend of the knee & hip. Jump onto the box using your arms to assist. Land on top of the box, step down, and repeat. Keep knees stable - no movement towards the centre. Progress over time by increasing the height of the box.



3 Band Resisted Lateral Jumps

Place a band around your waist and have a partner hold it or attach it to a fixed object. Step away from the anchor to create tension. Stand on one foot, then jump explosively as far as possible to the opposite foot.



4 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 degrees. Grasp the ends of the rope with both hands. Pull your lower hand down and behind your hip while chopping down with your higher hand. Perform the exercise on both sides.



5 Alternating dumbbell press

Sit down on a swiss ball with the dumbbells on your knees and roll down the ball so your head and upper back are supported. Hold the dumbbells with your palms facing forward and press up one arm at a time. Make sure to not let the hips drop.



6 One arm cable row

Hold the cable handle with one hand. Set the cable just above waist height. Pull the handle, squeezing and lowering the shoulder blade. Do not rotate the trunk. Place most of your weight on the opposite foot to the pulling arm.



7 Hamstring curl (with hips lift)

Lie on your back with your heels in the strap handles. Lift your hips slightly off the floor until you are in a straight line from your feet to your head. From this position, pull the heels toward your buttocks as you lift the hips higher off the floor. In the end position, your thighs should be in a straight line with your torso.



8 Pendulum

Place your feet in the strap handles. Place the hands directly under the shoulders - keeping a straight and flat back. Start to swing the legs from side to side in a pendulum movement. Pause in neutral position between each swing. Keep the shoulders stable during the swing.

Resistance Training Guide & Tracker



WORKOUT BUILT BY:

Cole G. CSEP – Certified Personal Trainer. Certified Exercise Physiologist.

As the sports season begins this fall, it is important to start training more sport-related multi-joint movements. When training to improve sport performance it's important to use perfect technique. Strive to improve the quality and execution of each exercise each time you perform the workout. Repeat 3 sets of 8 repetitions for each exercise with 90 seconds of rest between sets.

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WORKOUT OF THE MONTH

Lower Body Strengthening



WORKOUT BUILT BY:

Karen CSEP, AFLCA, CPT
Certified Personal Trainer.

City of Edmonton
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centres**

Edmonton

This month's workout is designed to help improve lower body strength and definition



1 TRX squat and row

Stand straight, holding the handles in your hands. Squat down by pushing the hips back. In the bottom position, use the suspension trainer to assist the extension phase and pull the handles next to your lower chest by doing a rowing movement. Squeeze the shoulder blades as you pull.



2 Kettlebell swing

Start with the kettlebell slightly in front of you. Push the hips back to hinge forward. The knees should be slightly flexed & the back stays straight. Lift the kettlebell & continue with the motion by going between the thighs with the kettlebell. Push the hips forward by squeezing the glutes to swing the kettlebell upward not higher than face height. Keep the elbows extended & back straight at all times



3 One leg deadlift w/Kettlebell

On one leg, bend forward at your hips by pushing your hips back. Keep your spine & neck neutral and hips leveled. Think about driving your free leg's heel toward the ceiling. Always keep a slightly flexed knee in the supporting leg. The depth of the movement will depend on individual flexibility. To go back up, squeeze your glutes hard and pull yourself with your back leg.



4 Hip thrust, weighted

Sit down on the floor with your upper back on a bench as a pivot point. Put and hold a barbell on your hips. Push the hips up by squeezing the glutes so your thighs are in line with the torso. At the high point, your knees should be at 90°.



5 Step-up with barbell

Stand in front of a step that is about 1 foot high. Put a foot on the step and lift yourself up using only this leg. Keep the knee aligned, torso straight and do not push with the free leg between reps.



6 Cross over step-up

Stand right to a step that is about 1 foot high. Put the right leg on the step (crossing in front of the left leg) and move the left leg over the step without touching it. Repeat on the other side. Keep the foot and the torso pointing forward.



7 Dumbbell squat

Stand with your feet shoulder-width apart on 2 steps/benches. Hold a dumbbell with your hands underneath the top bell. Drop straight down while keeping your trunk mostly upright and chest tall. Aim to squat down until your hip joints come below your knees, pushing your knees out slightly throughout the duration of the movement so they don't cave inward. Push back up through your heels to come back to the starting position.



8 Bulgarian split squat

Put the back foot on a bench or box. Bring the back knee toward the ground to initiate the movement and lower as much as you can without the lower back going in extension. Keep the torso upright at all time.

Resistance Training Guide & Tracker



WORKOUT BUILT BY:

Karen. CSEP, AFLCA, CPT – Certified Personal Trainer.

If you find you are struggling to find time to go to the gym because of your busy schedule, try working out early in the day before work or school. If this isn't possible try to workout right after work/school before you get home.

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TRX squat and row																											
Kettlebell swing																											
One leg deadlift (w/kettlebell)																											
Hip thrust, weighted																											
Step-up w/barbell																											
Cross over step-up																											
Dumbbell squat																											
Bulgarian split squat																											

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WORKOUT OF THE MONTH



Upper Body
Strengthening
and Defining



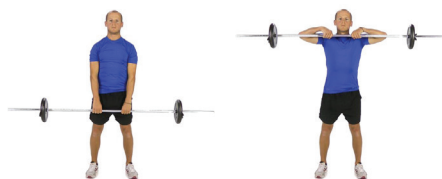
WORKOUT BUILT BY:

Jenna CSEP, NCCP, CPT
Certified Personal Trainer.

City of Edmonton
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This month's workout is designed to help improve upper body strength and definition



1 Barbell Upright Row

Hold a barbell with an overhand grip (pronation) with your hands about 2 thumbs apart. Keep your chest out and shoulders back. Pull the bar towards your chin. Keep the bar close to your body at all times and do not swing the movement.



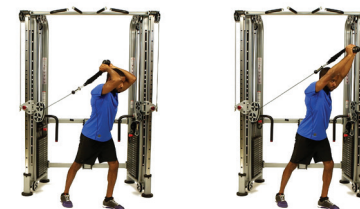
2 Combo biceps/shoulder

Stand with dumbbells in your hands and curl the dumbbells up in neutral grip (palms facing each other). At the top of the curl, press the dumbbells overhead. Do not swing the weight up.



3 DB renegade row

Start in a push-up position, hands on dumbbells under the shoulders and feet apart. Keeping the body still, brace the abdominals and tighten the hip and lift one dumbbell up in a rowing movement. Alternate sides.



4 Cable Triceps Extension

Keep back straight, abs tight and knees bent. Keep elbows close to body. Pronation grip.



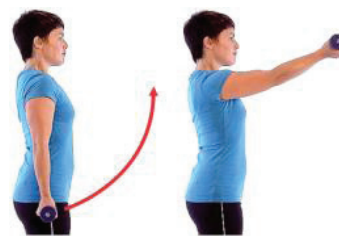
5 Push-up asymmetrical stance

Put your feet together and hands in an asymmetrical stance (one hand up near your face, one arm down near your chest). Lower yourself all the way down so your chest almost makes contact with the ground and push yourself back up. Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times. Do not let your chin move forward. Keep your head in line with your spine.



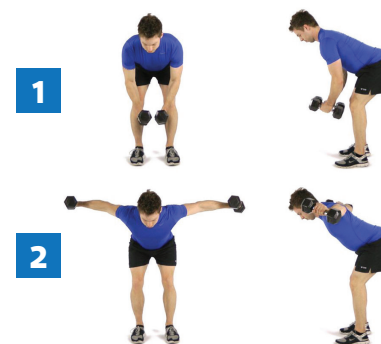
6 Alternated 2 Arms Cable Wave

With partner or the end of the ropes attached, hold the two other ends of the ropes. Raise 1 arm at a time alternately above your head and go down with power by contracting the abdominals.



7 Dumbbell Arm Front Raise Supination Grip

Keep your back straight, head up and abs tight. Raise your hand in front of you, until the hand goes over the shoulder, keep the elbow slightly flexed. Supination grip.



8 Bent-over lateral raise

Stand up, flex the knees slightly and bend forward from the hips with the back straight. Lift the dumbbells to the side in line with the shoulders. Do not bring the head forward as you lift.

Resistance Training Guide & Tracker



WORKOUT BUILT BY:

Jenna CSEP, NCCP, CPT - Certified Personal Trainer.

To get the most out of your work out, every exercise must be done with impeccable technique. If you are in a rush, alternate the exercises two at a time and make it a super set.

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WORKOUT OF THE MONTH



Workout of the Month-
High Intensity Cardio
and Strengthening

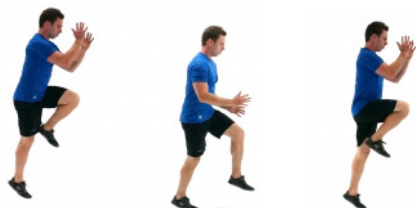


WORKOUT BUILT BY:
Taylor CSEP - Certified
Personal Trainer



Edmonton

This month's workout is designed to help improve cardio and strengthening



1 Power skip

You can start the skip with a light jog or from a dead start. Lift one knee up explosively and lift both arms at the same time as you jump up and forward on one leg. Land on the same leg and switch legs on the ground to skip with the other leg. Repeat.



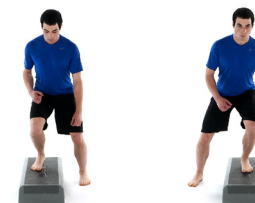
2 Sprinters (fast)

Start in a push-up position with your feet on sliding disks. Bring one knee toward your chest, keeping the trunk stable and abdominals engaged. Return the foot to the starting position as you pull the other knee toward your chest. Alternate legs this way.



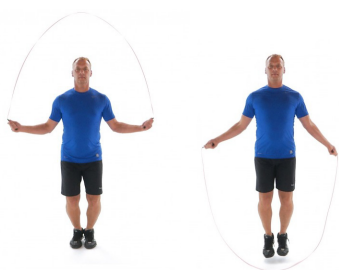
3 High Low Twist Lunge Position with MB

Keep abs tight - Turn head. One dumbbell up in a rowing movement. Alternate sides.



4 Fast feet (side to side)

Stand on the side of a step with one foot on the step and the other on the floor. Switch feet by bringing your foot from the floor to the step while the other comes down on the opposite side. Repeat quickly in a safe and controlled manner with proper alignment of your knee cap with your second toe.



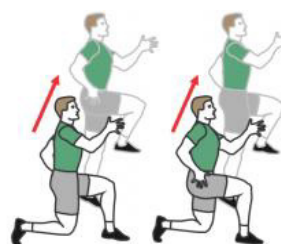
5 Skipping rope

You can vary the jumps.



6 Burpees

Touch the ground with your chest then get back up and jump with your hands higher than your shoulders. Repeat quickly.



7 Low Split Leg Jump Runner Style

Keep your abs tight and your body straight - In a low position, knees and elbows about 90 degrees, place the opposite arm and leg forward - Doing jumps, mainly by pushing on the front leg, upward and forward while pulling the opposite knee up - Alternate the movement of arms and legs - Working on the front part of the feet



8 Medball Slam

Stand upright with a medball in your hands. Raise the ball overhead and slam it down as hard as you can on the floor in front of you.

Resistance Training Guide & Tracker



WORKOUT BUILT BY:

Taylor CSEP – Certified Personal Trainer.

All exercises can be performed at a lower intensity and with less impact. For example, the burpees and power skip can be performed without the jump. Do a walking skip for the power skip and reach then walk your feet out for the burpees.

DATE																							
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT		
Power skip																							
Sprinters (fast)																							
High low twist lunge with MB																							
Fast feet (side to side)																							
Skipping rope																							
Burpees																							
Low split leg jump runner style																							
Medball slam																							

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