

# WORKOUT OF THE MONTH



## Workout of the Month- High Intensity Full Body Workout



WORKOUT BUILT BY:

**Richard** CSEP - Certified  
Personal Trainer



Edmonton

This 30 minute high intensity full body workout is designed to improve your general strength and fitness for 2019.



### 1 Front Squat To Box

5 Repetitions with a 45lb bar

- Adjust the height of the rack to shoulder level
- Position the bar between the front of the shoulders and the collarbones
- With elbows up, place the hands just outside the shoulders on the bar.
- Keep your back straight and sit back and down to the bench
- Keep the heels planted on the ground and knees aligned with the ankles.
- Lightly touch the bench and then stand up by extending the knees and hips at the same time.
- If shoulder mobility is an issue, the hands can also be crossed on the shoulders.



### 2 Deadlift with Dumbbell

5 Repetitions with 20lb dumbbells

STARTING POSITION:

- Place your feet hip to shoulder-width apart
- Hold the dumbbells on the outside of thighs
- Keep your back flat with your chest up and out.

MOVEMENT:

- Hinge at your hips lowering the dumbbells towards the floor
- Keep your back flat with your chest up and out.
- To return to standing extend your hips and knees. Do not let your hips rise before your shoulders
- Continue to extend your hips and knees until your body reaches a fully erect torso position.



### 3 Split Squat with Dumbbells

5 Repetitions with 20lb dumbbells

- Stand in a split stance feet hip width, holding a pair of dumbbells.
- Lower the body straight down so both knees flex 90°.
- Keep the trunk vertical.



### 4 Push Up Hands on Dumbbells

10 Repetitions

- Position shoulders directly over hands
- Lower chest to the floor
- Keep back straight and abdominals tight
- Return to starting position by extending the elbows



### 5 TRX Oblique Crunches

10 Repetitions

- Start in a plank position with the feet in the suspension trainer and hands on the ground.
- Bring your knees to your chest toward one side (pull toward the elbow), and extend back.
- Try to keep the hips below head level when you pull your legs under.



### 6 Jack Knife Crunch

10 Repetitions

- Lay down on your back with your feet crossed.
- Place your hands next to your ears.
- Lift your upper back and feet off the floor, without pulling on your head, to bring your elbows and knees together.



### 7 TRX Y Raise

10 Repetitions

- Start with the hands on the suspension trainer and feet apart on the ground. You want to start in an inclined position. The more incline you are, the harder.
- Pull yourself up by raising the handles with your hands overhead in a "Y" position.
- 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.
- You want to work your upper back region; do not swing forward with the hips.



### 8 Kettlebell Swing

10 Repetitions with a 25lb Kettlebell

- Start with the kettlebell slightly in front of you.
- Push the hips back to hinge forward. The knees should be slightly flexed and the back stays straight.
- Lift the kettlebell and 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 and back straight at all time.

# Resistance Training Guide & Tracker



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The goal of this workout is to complete the following 8 movements in sequence as many times as you can in a period of 30 minutes. Although the goal of the program is to move through it as quickly as possible be sure to perfect exercise technique. Happy New Year!

Complete 1–3 Times in 30 mins: Solid Start to 2019!    Complete 4–6 Times in 30 mins: Wow!! Keep it up.    Complete 7–10 Times in 30 mins: Fantastic Strength! Add a bit more weight to the movements.

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sessions from

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