

# 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.



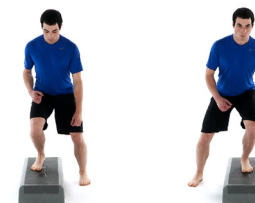
## 2 Sprinters (fast)

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.



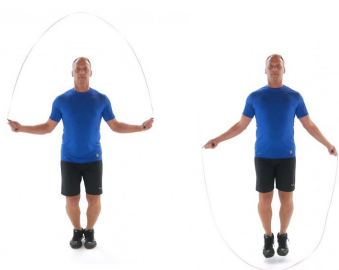
## 3 High Low Twist Lunge Position with MB

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.



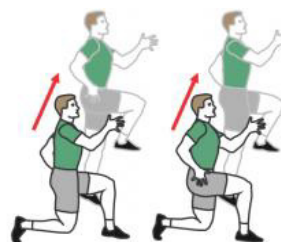
## 5 Skipping rope

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



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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																							
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Fast feet (side to side)																							
Skipping rope																							
Burpees																							
Low split leg jump runner style																							
Medball slam																							

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