



Personal Training Log

CLIENT: _____

TRAINER: _____

Dumbbell Workout	Date:	Date:	Date:	Date:	Date:	Date:
EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm up:						
Quadriplex	15 reps x 2 sets					
Uni leg toe touch	15 reps x 2 sets					
Y Squat	15 reps x 2 sets					
Circuit:						
Dumbbell Squat						
One Arm Shoulder Press						
Static Lunge						
Bench Row						
Lateral Bridge	*hold for :15	*hold for :20	*hold for :25	*hold for :25	*hold for :30	*hold for :30
Rest for 1:30-2:00 between each set of the circuit						
Perform each exercise for the number of reps indicated at the bottom of each column in a circuit fashion. Move to a new column each week.	2 sets, 8 reps	2 sets, 10 reps	2 sets, 12 reps	3 sets, 8 reps	3 sets, 10 reps	3 sets, 12 reps

Quadriplex

Set up: Start on all fours with the shoulder right over the wrists and the hips over the knees.

Performance: Keep the abdominals tight and extend the right arm and left leg away from the center of your body. Repeat for both sides.

Breathing Pattern: Breath in as you extend the limbs.

Muscles Worked: Lats, shoulders, glutes, abdominals, obliques, arms

Equipment needed: none



One-leg Squat Touch-Down

Set up: Stand up straight with the weight on one leg. Line the toes up facing straight ahead. Keep the other foot off of the ground all the way through the exercise (occasional taps for balance are allowed if necessary).

Performance: Fold at the hip and knee and reach for the toes of your support leg with the *opposite hand*. Upon touching the toes, drive through the heel of the support leg and return to the starting position.

Breathing pattern: Exhale on the reach down. Inhale on the reach up.

Muscles worked: glutes, hamstrings, quadriceps, calves, abdominals, lower back

Equipment needed: body weight plus kettlebells or dumbbells if more resistance is needed.



Y Squat

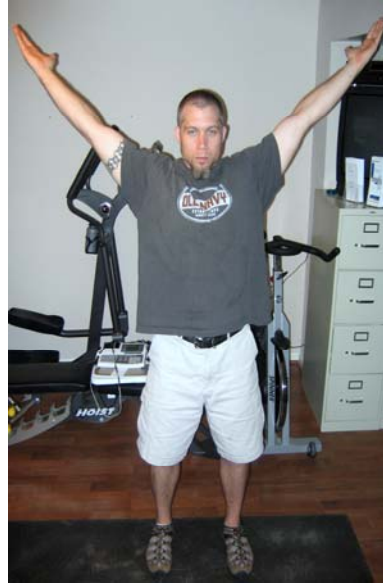
Set up: Stand tall with the feet hip width apart and the arms extended diagonally above the head.

Performance: Sit back and down into the hips while keeping a straight back and the weight on the heels. Squeeze the shoulder blades together to keep the arms from falling forward. Press through the heels and stand back up.

Breathing pattern: exhale down, inhale as you stand

Muscles worked: glutes, hamstrings, quadriceps, abdominals, upper back

Equipment needed: body weight



Dumbbell Squat (Intermediate)

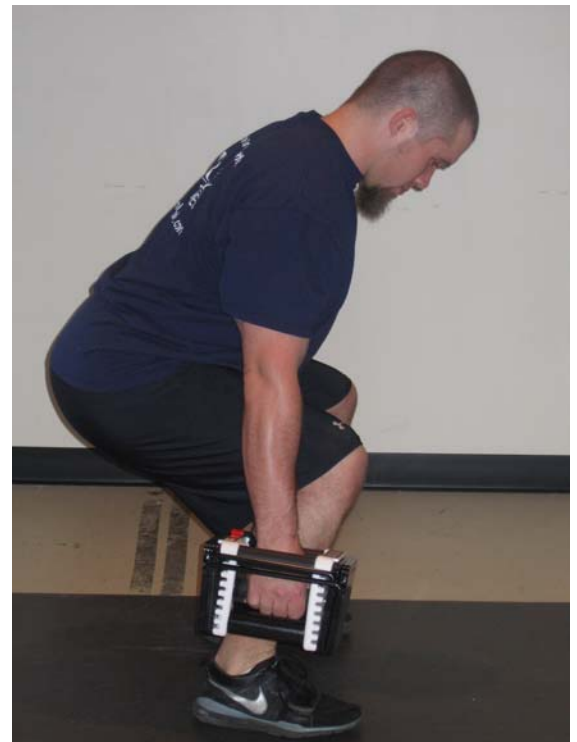
Set up: Hold Dumbbells at the sides while standing up tall. Feet should be about hip width apart with the toes and knees lined up.

Performance: Sit back and down into the hips while flexing at the knees. Allow the upper body to flex forward but keep the back straight. When the thigh is close to parallel with the floor, press through the heels and return to the start position.

Breathing pattern: Inhale deeply at the top. Hold the breath in during the descent and exhale on the way up.

Muscles worked: glutes, hamstrings, quadriceps, calves, abdominals, lower back, shoulders

Equipment needed: dumbbells or kettlebells



Standing One-Arm Dumbbell Shoulder Press

Set up: Stand tall with straight posture. Place the feet hip width apart. Hold the dumbbell straight overhead with the palms facing forward. Keep the abdominals tight to support the spine.

Performance: Lower the elbow down and out to the sides until level with the shoulders. Keep the wrist lined up over top of the elbow. Press up and in, returning to the start position. Do not lean back during the press.

Breathing pattern: Exhale during the press. Inhale as the arm comes down.

Muscles worked: shoulders, triceps, abdominals, lower back, obliques

Equipment needed: dumbbells or kettlebells



Static Lunge (Beginner)

Set up: Stand straight with one foot out in front and one foot extended back behind the body a little longer than stride length apart. The front foot should be facing straight forward with the heel flat. The back foot should be braced on the ball of the foot.

Performance: Lower the knee of the back leg straight down to the floor with control while allowing both knees to bend. Keep the back straight and the shoulders lined up over the hips. Once the back knee touches, press through the front heel and return to the start position.

Breathing pattern: Inhale deeply at the top of the movement. Hold the breath in on the down stroke. Exhale on the way up.

Muscles worked: glutes, hamstrings, quadriceps, calves, abdominals, lower back

Equipment needed: body weight, dumbbells or kettlebells

Note: If using added resistance hold it down at hip level.



Dumbbell Bench Row

Set up: Kneel down on a bench with the same side hand down for support. Keep the back straight. In the other hand, hold the dumbbell down at arms length. Make sure to keep the shoulders level.

Performance: Draw the elbow towards the ceiling, while squeezing the shoulder blade into the center of the back. At the top of the movement, squeeze the elbow in as well. Slowly lower the dumbbell back down to the start position.

Breathing pattern: Inhale on the pull and exhale as the arm extends.

Muscles worked: lats, traps, arms, shoulders

Equipment needed: dumbbells or kettlebells plus weight bench or some other supportive surface



Lateral Bridge

Set up: Lie down on the floor with the elbow tucked under the shoulder and the legs straight out. Place the top foot heel to toe with the bottom foot.

Performance: Brace the abdominals, and tighten the thighs and glutes. Lift the hips up until the body is in a straight line and hold for the required amount of time. Lower the body down and repeat on the other side

Breathing pattern: breathe normally

Muscles worked: Shoulders, arms, abdominals, obliques, glutes

Equipment needed: body weight

Note: To make this exercise easier, do repetitions instead of holding. Build up to 12-15 reps. Then move to the holding version.

****To increase the difficulty, move the top leg from the front position to behind the bottom leg and back again. Repeat for time or designated number of reps.**

