



WORKOUT OF THE MONTH “Family Values”

“Family Values” is an integrated, full body workout program utilizing various pieces of gym equipment. This workout, performed twice a week, will give you a strong base of fitness to ramp up next month.

Workout	Focus Group	Equipment	Exercise	Volume
Warm Up	Cardiovascular	Choice of Ropes, Treadmill, Bike	Light continuous movement	10 minutes

Workout	Focus Group	Equipment	Exercise	Volume
Strength 1	Legs	Dumbbells	Dumbbell Squat	12 repetitions
Strength 2	Biceps	Dumbbells	Dumbbell Standing Curl	12 repetitions
Strength 3	Shoulders	Dumbbells	Dumbbell Military Press	12 repetitions
Combination	Whole body	Dumbbells	Squat, Curl, and Press	12 repetitions
REPEAT beginning at Strength 1 x 1				

Workout	Focus Group	Equipment	Exercise	Volume
Strength 4	Push Up	Body Weight	Modified or strict push ups	12 repetitions
Strength 5	Bent Row	Plate / Functional Trainer	Bent Row	12 repetitions
Combination	Upper Body / Core	Body Weight / Dumbbell	Modified / Push and Row	12 repetitions
REPEAT beginning at Strength 1 x 1				

Workout	Focus Group	Equipment	Exercise	Volume
Core 1	Abdominals	BOSU	BOSU Crunches	Max. Repetitions
Core 2	Lower Back	BOSU	BOSU Back Extensions	10 – 20



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