

PUSH IT!

Get the most out of your workout with a multi-joint routine that will have you pushing your major muscle groups

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Our days are filled with awkward movements, whether it's picking up your child, setting up the futon for your brother, or doing what we dread most every winter — shovelling the snow. We're bending down, picking up, twisting, and squatting all at the same time. Rather than focusing on your small muscles individually, consider integrating a workout to train your muscle coordination and agility. Not only could a multi-joint program help you avoid injury when throwing snow over your shoulder, it can also create lean muscle throughout your body simultaneously rather than isolating your muscles. The more lean muscle you have, the faster your metabolism will be.

Personal trainer, Pilates equipment specialist, and fitness writer Kathleen Trotter is a big believer in taking on a workout that is not only functional, but one that is also convenient enough to do consistently. "Small movements add up, and a multi-joint workout is time efficient and effective. Your body

works as a unit, so it makes more sense to train it that way. Your workout should be neurologically beneficial because, in life, your brain needs to be able to send the correct signals to control motor function and coordinate movement."

Trotter says that the best type of training is variety. If you're someone who usually does straight sets (resting between each set of exercises), switch it up and incorporate circuit training in your program with lighter weights. However, if you find yourself always doing circuit training, grab some heavier weights and opt to do some straight sets to work on your strength. "You always want to periodize your workouts throughout the year to include some aerobic-style circuit training as well as heavy weights that are going to challenge your nervous system to create new muscle fibres. This works well for athletes who have on- and off-seasons," she adds. To help you get started, we've put together a circuit training and straight-set program you can alternate between.

CIRCUIT TRAINING

Lighter weights, little rest

EXERCISE	REPS
ROUND ONE	
Curtsy Lunge with Lateral Raise	15-20 (per leg)
Deep Squat with Alternating Curl	15-20
Double Crunch to Chest Flye	15-20
Rest for 30 to 60 seconds and repeat for three to five more sets.	
ROUND TWO	
Reverse Lunge to Front Raise	15-20 (per leg)
Straight-Legged Sit-Up	15-20
Rest for 30 to 60 seconds and repeat for three to five more sets.	

STRAIGHT SETS

Heavier weights, longer rests

EXERCISE	REPS	SETS
Curtsy Lunge with Lateral Raise	8 (per leg)	3-4
Deep Squat with Alternating Curl	8	3-4
Double Crunch to Chest Flye	8	3-4
Reverse Lunge to Front Raise	8 (per leg)	3-4
Straight-Legged Sit-Up	8	3-4

Complete all sets of an exercise, resting no more than 30 seconds between sets, before moving on to the next exercise.



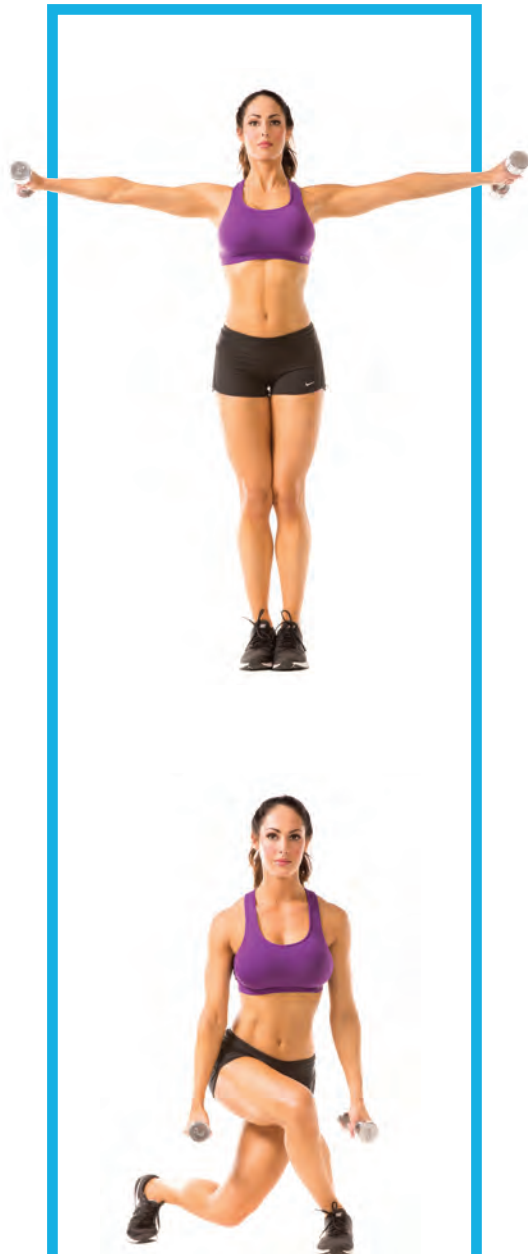
No injuries
for you
this winter!

DEEP SQUAT WITH ALTERNATING CURL

{ TARGETS: QUADS, GLUTES, CALVES, HAMSTRINGS, BICEPS }

With your feet wider than shoulder-width apart, push your hips back and slowly bend your knees, keeping your back straight and your arms between your legs with dumbbells in hand and palms facing inward. As you bend down, focus on keeping your weight even throughout your soles and be sure your knees are in line with your toes. Squat down until your hip joint is lower than your knees. Hold the squat position and curl the right dumbbell up to your chest without touching your shoulder. Slowly lower the dumbbell to the initial position and repeat with your left arm. That's one rep.

TIP: Find a spot ahead of you to focus on. Try not to look down at your feet or up in the air while you squat.



CURTSEY LUNGE WITH LATERAL RAISE

{ TARGETS: GLUTES, QUADS, HAMSTRINGS, DELTS }

Stand with your feet together and arms raised out to your sides at shoulder level. Keeping your weight on your right foot, take a diagonal step back with your left leg, crossing behind your right leg. As you begin to bring the dumbbells to your sides, slowly lower your body by bending your knees to 90-degree angles. That's one rep. Return to the initial position and repeat with the other leg.

TIP: When you lower your body, be sure your front thigh is parallel to the floor, your back is straight, and your abs are drawn in.

DOUBLE CRUNCH TO CHEST FLYE

{ TARGETS: ABDOMINALS, CHEST }

Lie face up on the floor with your arms out, aligned with your shoulders. Hold a dumbbell in each hand and be sure to keep your palms facing up. Raise your feet and bend your knees until your calves are parallel to the floor. Slowly curl your upper body up, raising your chest toward the ceiling one vertebra at a time. At the same time, raise your arms simultaneously straight above your chest, palms facing each other. Slowly return to your starting position before moving on to your next rep.

TIP: Try not to curl your neck; be sure to keep it straight while you crunch.

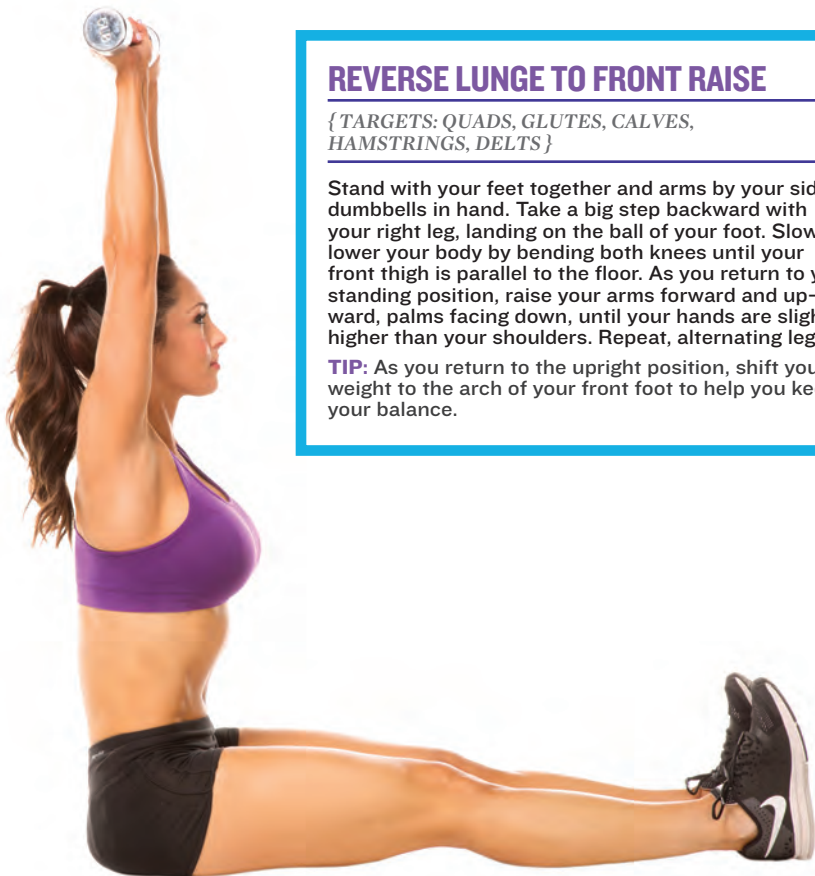


REVERSE LUNGE TO FRONT RAISE

{ TARGETS: QUADS, GLUTES, CALVES, HAMSTRINGS, DELTS }

Stand with your feet together and arms by your sides, dumbbells in hand. Take a big step backward with your right leg, landing on the ball of your foot. Slowly lower your body by bending both knees until your front thigh is parallel to the floor. As you return to your standing position, raise your arms forward and upward, palms facing down, until your hands are slightly higher than your shoulders. Repeat, alternating legs.

TIP: As you return to the upright position, shift your weight to the arch of your front foot to help you keep your balance.



STRAIGHT-LEGGED SIT-UP

{ TARGETS: ABDOMINALS, QUADS, LOWER BACK, DELTS }

Lie face up on the floor with your feet together. Raise your arms toward the ceiling with dumbbells in hand and palms facing forward. This is your starting position. As you begin to roll up to a sitting position with your back straight, keep your arms straight up toward the ceiling. Roll back down one vertebra at a time to return to the start.

TIP: Try and keep your neck as relaxed as possible during the rolling motion. **IFM**