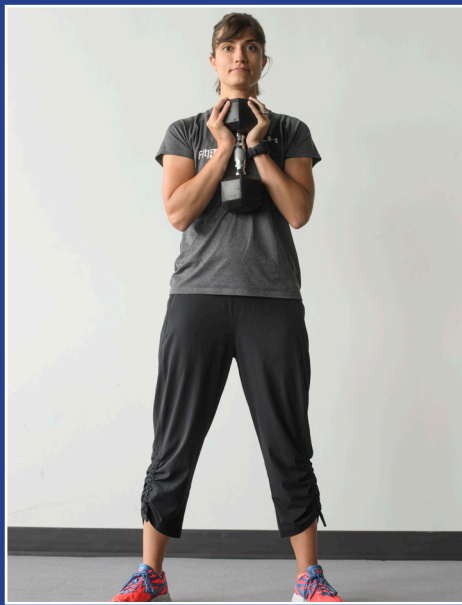


AUGUST EXERCISE OF THE MONTH

Brought to you by FitRec Personal Trainers

Dumbbell Goblet Squat

Muscles trained: Lower Body- Quadriceps, Hamstrings, and Gluteals



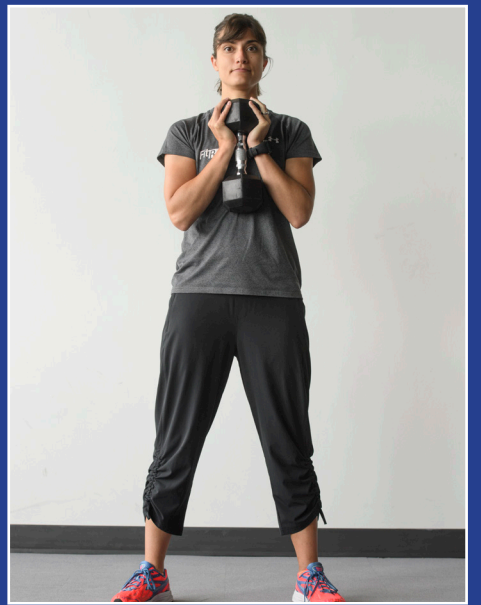
1



2



3



4

Starting Position:

Hold one dumbbell at the center of the chest. The hands should be under the ends of the dumbbell with the elbows pointed down. Feet should be shoulder width apart and toes slightly out.

Execution:

Start by sitting hips back into a squat position. Maintain an upright chest posture. You may choose to lower $\frac{1}{4}$ or $\frac{1}{2}$ of the way down or full which is a 90° angle with knees over feet. Do not allow the knees to protrude over toes.

Final Position:

Drive up through both feet and stand back up. Repeat this movement for 12-15 repetitions.

* Make sure to choose an appropriate weight for the desired repetitions. If the exercise is too difficult to maintain proper form for 12-15 repetitions, choose a lighter dumbbell.

Exercise provided by: Lindsay Gallovitch, FitRec Personal Trainer,
(815) 922-1083 or lindsay.gallovitch@gmail.com

For more information on Personal Training, please contact Personal Training Services at (708) 608-4496.

Please consult your doctor before attempting this exercise. If while performing this exercise, you feel pain or discomfort, then stop immediately and consult your doctor.



morainevalley.edu/fitrec