

*I'm Trina Lambe*  
It's my mission

"To reach, teach and educate thousands of people  
on how to live a healthy life through activity."



## July 2008

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Dear Train by Trina Friends,

Now that July is here and the kids are off for summer, there must be some vacation plans in the works. Going on vacation is a great way to relax and regenerate, but don't let the urge to become a couch potato ruin how far you've come in your fitness goals. For tips on how to stay active, even while on vacation, check out the following article!

## What to do when you get out there!!!

### Calisthenics:

I hope you have been managing to get out and be active in between the rain clouds this past month. This month we are going to look at body weight exercise also called Calisthenics. These are exercises that you do not need equipment for, so they are great for the park, cottage, dock, or even as a perk up at work!

One of the major benefits of Calisthenics is that there is no equipment required; this makes it very portable. Calisthenics are extremely incredible and efficient way to build muscle and stay fit, as it provides short bursts of intense training and only a few exercises covers almost all muscle groups.

I am going to break this type of workout into 3 sections of upper body, lower body, and core, and will then describe the most effective exercises for each section.



### Upper body (on the Dock!)

So lets get started, with a dock push up, if you are at the cottage and have a dock or any other flat surface that you can lay on, you can do so many things, a Push Up is the best Bodyweight Calisthenics exercise to build your entire upper body and shoulder girdle, chest

and arms. Push Ups can be a real challenge if done in various angles and 'super-setted' with Chin-ups.

**Movement:** Lay face down on the ground/dock with your legs straight and arms supporting the upper body. You can have your knees on the ground if you need it to be a little easier, but don't cheat yourself. Now raise yourself off the ground straightening your elbows and your arms but keep your elbows close to your body. Rise until your elbows are locked and pause for a moment at the top of the movement.

Now lower your body under, in a slow sustained motion, feeling the motion all the way down until your chest is very close to the ground. Keep your body contracted all through the exercise for maximum benefits.

**Tip:** Exhale while you exert. That is while you push yourself off the ground here. Keep the movement slow and sustained. No jerky movements.



### **Lower Body (on the park Bench)**

My absolute favourite lower body exercise is a lunge, this time on the park bench to target the gluts!!

**Movement:** Place one foot on top of the bench, knee over toe. Your other leg is on the ground behind you. Your front foot does not move as you lower your body. The back knee bends, as the front leg remains still.

**Tip:** If you are not getting a smooth movement or feeling this exercise challenge your muscles, increase the distance between your two feet. This will give you more room to perform the range of motion required for this exercise to be effective.



### **CORE (at your Desk)**

Any muscle that attaches to your spine is considered to be your core. This is called sumo! I don't name them, I just know what works and feels good!!

**Movement:** Sitting on the edge of your chair with your legs wide apart and the soles of your feet flat on the floor, place your hands to the inside of your knees. Reach opposite shoulder to knee. You should feel a great stretch along your back, on the side of the shoulder that is pointing to your knee.

**Tip:** Incorporate this into your routine to avoid the painful and unnecessary aftermath of being seated at your desk all day.

Developing yourself a portable calisthenics routine is quick and easy and it is what Train by Trina does. When you don't have all the bells and whistle to work with in a gym you can use just you!! Studies show that using weights for resistance is the best way to build strength and bulk, but this will sure help to maintain while you are away at the cottage. By not doing Strengthening exercises for 5 days you can decrease your muscle mass by 4.3% according to the American College of Sports Medicine.

I forgot to mention to warm up, warm up, warm up!! Don't neglect it; you will get so much more out of your muscles when they are warm and full of blood! Until next month!

See you on the dock.

Trin

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## Featured Trainer

Leah is a graduate of Wilfrid Laurier University with an Honours Bachelor of Science in Biology and Chemistry as well as a Diploma in Business Administration. She is currently a student at Canadian Memorial Chiropractic College working towards a Doctor of Chiropractic degree. She uses her academic background to emphasize proper posture, diet, flexibility, and safe exercise. As a personal trainer, Leah enjoys the challenge of working with a variety of clients to achieve different goals. Whether looking to lose weight, improve athletic abilities, increase flexibility and strength, she individualizes the program to fit the goals and lifestyle at hand. She brings passion, motivation and energy to every workout!



She believes variety and enthusiasm are two key components to a successful fitness program. In her spare time, Leah enjoys rock climbing, yoga and being a part of several recreational teams (beach volleyball, softball and hockey).

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## Exercise of the Month

### Hamstring Curl on the Stability Ball:

Level 1: 1-2 sets

Level 2: 2-3 sets

**Target Area:** Hamstrings, Glutes, Abs, and Stabilizers

**Set-Up:** Lie on a mat on the ground. Place your heels on the top of a stability ball. Raise your hips off of the ground while squeezing your abdominals tight. Your arms are relaxed by your sides.

**Movement:** Roll your feet towards your body by squeezing your hamstrings. Remember to keep your hips off the ground to feel the full impact of the exercise. Repeat your desired number of reps and sets.



\*\*Not only does this exercise give your hamstrings a good workout, it also forces your stabilizer muscles to activate as you have to balance your feet on top of the ball as you move your feet in and out.

**Tip:** If you start to feel your feet sliding off of the ball, simply stop and re-adjust, so your feet are on the top of the stability ball, centred.



**Advanced:** Once this exercise starts to get easy, try curling one leg at a time. The leg you are not curling will remain in the air. This will further activate your stabilizer muscles and challenge you!



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Train by Trina is always here to help you with your fitness goals and needs. Send us an email or give us a call and we will answer any questions you may have on the path to better health!

Sincerely,



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