

# COCONUT CREEK FITNESS CENTER HANDBOOK



**(Personal Trainer Manual)  
Coconut Creek Fitness**

The Coconut Creek fitness staff values and cares about our customers. We have designed a personal trainer's manual so that you are able to perform safe and effective exercises. Each page has an illustration and a descriptive demonstration of each individual workout routine. Please do not hesitate to ask your trainer any questions about your fitness routine. We look forward to helping you achieve your fitness goals.

Your Hometown Gym Team,

Kelvin Greenleaf  
Tara Martin  
Roger Cowan  
Tim Martilotto  
Timothy Walbert  
Renee Cohen



## Dumbbell Chest Press



### **Kelvin demonstrates**

**Start:** Lie flat on the bench with dumbbells held above your middle chest and keep your feet firmly pressed down on the floor for stability. Avoid arching your back.



**Finish:** Push the weights upward, taking care not to lock out the elbows in an explosive movement. The weights should follow a shallow arc and almost meet over the top of the chest. Make sure to exhale while pushing the weight forward and inhale during the downward phase.

## **Dumbbell Incline Chest Press (Butterflies)**



**Start:** Lie flat on the bench with arms stretched out wide to your sides with your elbows slightly bent. Your palms should be facing inward toward one another.



**Finish:** While keeping your hips and shoulders flat on the bench, lift the dumbbells up together. Visualize hugging a giant tree trunk. At the peak of the movement, squeeze your pectoral muscles together for one-count if you can. Make sure to exhale during the exertion and inhale during the downward phase.

## Dumbbell Bicep curl



**Start:** Stand up straight with a dumbbell in each hand at arm's length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward.



**Finish:** Keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Continue to raise the weights until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps. Then, inhale and slowly begin to lower the dumbbells back to the starting position.

## Glute Kickbacks



### **Tara demonstrates**

**Start:** Assume the start position by kneeling down on a mat. Support your upper body on your hands. Keep your back straight.



**Finish:** Keep your right knee bent; slowly lift that leg behind you so the sole of your foot presses up toward the ceiling. Finish your repetitions on one side before repeating exercise with the other leg.

## Modified Plank



**Start:** Lie on your stomach. Raise yourself up so that you're resting on your forearms and your knees. Align your head and neck with your back, and place your shoulders directly above your elbows. Tighten your abdominal muscles. Your neck is relaxed with eyes on the floor. Remember not to hold your breathe. Breathe normally.

## Plank



**Finish:** Raise yourself up so that your shoulders form a straight line with your feet. Remember not to let your hips and back sag. Hold position for 10 seconds. Over time, work your way up to 60 seconds.

## Push Up



**Start:** Get on the floor, face down and position your hands slightly wider than your shoulders. Straighten your arms and rise up on your toes. Keep your body in a straight line from head to toe without sagging or arching your back. You have a choice to keep your feet together or wider apart. Contract your abs by pulling your belly button toward your spine. Keep this feeling throughout the push up. Inhale as you bend your elbows to a 90 degree angle.

**Modified Push Up:** Drop your knees to the mat.



**Finish:** Exhale as you straighten arms back to the starting position. Don't lock the elbows. Keep them slightly bent.

## Rotational Push Up



### **Roger demonstrates**

**Start:** Assume classic push up position. Keep back, hips and legs in a straight line.



**Finish:** As you come up rotate your body so right arm lifts up and extends overhead. Your arms and torso should form the letter T.

## **Modified Traditional Abdominal Crunch**



**Start:** Lie on your back with your knees bent and your hands behind your ears. Raise your feet just a few inches off the floor and hold them there. Breathe normally.



**Finish:** Slowly crunch up bringing your shoulder blades off the ground. Then lower your torso back to the floor keeping your feet raised throughout the movement.

## Dumbbell Side Lateral Raise



**Start:** Stand with your knees apart and knees slightly bent. Bent forward at the waist and keep back straight. Hold the dumbbells with your elbows slightly bent.



**Finish:** Inhale and slowly raise your dumbbells to shoulder height and exhale you complete the movement.

## Dumbbell One Arm Row



### **Tim Martilotto demonstrates**

**Start:** Kneel over side of bench by placing knee and hand of supporting arm on bench. Position foot of opposite leg slightly back to side. Grasp dumbbell from floor. Make sure to breathe!



**Finish:** Pull dumbbell up to your ribs or upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched Forward. Repeat and continue with the opposite arm.

## Dumbbell Forward Lunge



**Start:** While maintaining neutral alignment stand with dumbbells grasped to sides.



**Finish:** Lunge forward with first leg. Land on heel and then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by forcibly extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

## Lying Tricep Extensions



**Start:** Lie on bench and position dumbbells over head with arms extended. Keep feet flat on the floor.



**Finish:** Lower dumbbells by bending elbow until they are to sides of head. Extend arm. Repeat. Remember to inhale on down phase and exhale on exertion.

## Dumbbell Overhead Squats



### **Tim Walbert demonstrates**

**Start:** Stand upright and grasp a dumbbell in each hand. Place the base of a dumbbell on top of your left shoulder and another on your right shoulder. In this position you should hold the dumbbells such that your elbows flare outward. Now keep a shoulder width apart distance between your feet and let your toes point forward.



**Finish:** Squat down straight without arching your back and bend down until your thighs are just parallel to the floor. Then get back to the starting position with your back and legs straight.

## Standing Calf Raises



**Start:** While standing with feet shoulder width apart, grasp dumbbell in both hands.



**Start:** Lift heels off of the ground by pushing up with your toes. Remember to breathe normally.

## Dumbbell Upright Rows



**Start:** Stand with feet shoulder width apart and grasp dumbbell in front of your thighs.



**Finish:** Lift dumbbells up to chest level and elbows are pointed upwards. Then slowly lower weights to starting position. Repeat.

## Dumbbell Forward Shoulder Raise



### **Renee demonstrates**

**Start:** While standing with feet shoulder width apart keep dumbbells at to your sides. Keep arms slightly bend.



**Finish:** Raise the weight forward to shoulder height. Keep your palm down and arms extended. Slowly lower weight back down to your sides.

## Dumbbell Side Squats



**Start:** Grasp dumbbells in each hand and stand in upright position.



**Finish:** Lunge to the right and squat down to a 90 degree bend and then alternate. Remember to keep your knees behind your toes

## Hip Thrusts



**Start:** Lie on the mat with knees slightly bent. Place hands by your side for support.



**Finish:** Raise buttocks off of the mat and bring thighs up so that they are perpendicular to the floor. Once peak contraction is reached slowly return to the starting position.

**Department Vision Statement:**

To be the most valued customer resource in the achievement of a healthy, physically fit, and socially balanced quality of life.

(954) 545-6650  
[www.creekgov.net](http://www.creekgov.net)