

bonus!

Lower Body Gym Workout

COACHED BY CALLUM WITH **I CHALLENGE DIABETES**

LOWER BODY GYM WORKOUT GUIDE

This guide was created as a bonus resource to the ICD Beyond Barriers Workout Summer Series. While there is no supporting video resource, this guide can function independently, providing you the instruction and expertise you need to feel confident during your gym exercise session. Save this guide for repeated use, or print it off for easy access. Happy training!

WARM UP

Prior to starting, complete 5-10 minutes of moderate-intensity walking or 5 minutes on a cardio machine of your choice (StairMaster, Elliptical, etc.)

WORK

Complete each exercise separately for 3 sets, with 10-12 reps per set. Rest for 60-90 seconds between each round. Complete all sets of 1 exercise before moving on to the next. When picking the right weight, keep in mind the last 3-4 reps should be challenging in intensity.



EXERCISE 1. BARBELL BACK SQUAT

EXERCISE 2. LYING HAMSTRING CURL



EXERCISE 3. SUMO DEADLIFT



EXERCISE 4. LEG EXTENSION



EXERCISE 5. SEATED CALF RAISE

Hey everyone, I'm Callum!

My name is Callum and I was diagnosed with diabetes at the age of 12. Being 20 years old now I am going on 9 years of living with T1D.

I am a personal trainer and men's physique bodybuilding competitor. My passion for fitness was actually rooted in the fact that I wanted to live a long and healthy life following the misconceptions I was told upon my diagnosis. This ultimately led me to begin working out at the gym for better overall diabetes management.

My goal now is to help as many people as possible with their personal fitness goals, using the experience and knowledge I've gained over the years.

DISCLAIMER

Use of this workout guide is strictly at your own risk. Coached by Callum (Callum Leong) disclaims any liability for incidental or consequential damages and assumes no liability or responsibility for any loss, injury, damage, or death suffered by any person as a result of the use or misuse of this Information.

