

“Form Fix”

3 Best-Ever Exercises, Perfected! Group Personal Training Workshop
- Perfect your technique to get **MORE** out of your workouts!

with Andrea Sandhu, Certified Personal Trainer & International Fitness Presenter

Training Basics

Breathing, Set Position, Mindfulness

Reps & Sets

- Endurance – higher reps, lower weight
- Strength – lower reps, higher weight
- Toning/Sculpting – mid reps, mid weight

Super-setting

- Push/Pull – train opposing muscles
- Upper/Lower – alternate training arms and legs
- Compound – double up same muscle

Let’s Take a Closer Look

3 Best-Ever Exercises

- Push-ups, Plank, Squats

Classic Exercises

- Lunges – weight placement, purpose *avoid if knee issues
- Supermans – balance abdominal work
- Crunches – 4 points engage, maximize efficiency
- Side Plank – alignment, strong bicep *avoid if shoulder issues

Training for Weight Loss

- Sequencing, Cardio

Questions & Answers

Andrea Sandhu, Owner & Director of Trinity Training | Yoga.Nutrition.Fitness Inc.
Telfer BCom, NWS, PTS, FIS, PFS, RYT®200 & Rainbow Kids Yoga, PMI 1, Spinning® Instructor
Zumba® Basic 1, Basic 2, Gold, Toning, Sentao™, Zumbatomic®
Zumba® Education Specialist & International Fitness Presenter
CPR Level C & Standard First Aid Certified

Andrea's experience teaching and training over the last 9 years at many different facilities in Ottawa and the Greater Toronto Area has enabled her to effectively work with people of all fitness and health levels as well as different age groups and abilities. In 2009, she was selected as 1 of only 6 in Canada to represent Zumba Fitness and has since trained instructors in India, the Netherlands, Finland, UK, Australia and New Zealand, and Denmark. She continues to train across Canada, and is a featured presenter at multiple major fitness conferences in Orlando and Toronto.

Certified by the internationally renowned Canadian Association of Fitness Professionals and recognized by the Yoga Alliance as a 200hour Registered Yoga Teacher, Andrea has helped thousands of individuals discover the joy of exercise, adopt a healthier lifestyle, and achieve their goals through the philosophy of the “health trinity” that being healthy is not only about being physically active, but it is also about seeking nutritional balance and balance within your self. Andrea is devoted to keeping up with current trends and research in health and fitness. She is constantly seeking new ideas, participating in a variety of workshops and classes, and travelling the world to develop her skills.