

# **Coach Mike's Personal Training, LLC**

Joanne Cain

## Additional Workout 30 November'13

### Dynamic Warm-Up

- High Knee March – 30 Seconds
- Posterior Swings – 30 Seconds
- Posterior Swings – 30 Seconds
- Bent Over Flies – 30 Seconds
- Arm Circles – 7 big and 7 small forward and back

1<sup>st</sup> Circuit Set (Perform 1<sup>st</sup>, then 2<sup>nd</sup> and 3<sup>rd</sup> exercise – Rest 30 Seconds and repeat a 2<sup>nd</sup> & 3<sup>rd</sup> Time – Rest a Minute after the 3rd)

- Plank – Elbows on Stability Ball - 30 count
- Glute Raises - 12-15 reps
- Superman - 12-15 reps

2<sup>nd</sup> Circuit Set (Perform 1<sup>st</sup>, then 2<sup>nd</sup> and 3<sup>rd</sup> exercise – Rest 30 Seconds and repeat a 2<sup>nd</sup> & 3<sup>rd</sup> Time – Rest a Minute after the 3rd)

- Plank with Toe Taps – 12 to 15reps each leg
- Back Pulls – 12-15 reps
- Oblique Twists - 12-15 reps each “side”

Perform each of the following for the prescribed Sets / Reps – rest 30 seconds after each set and then 1 minute prior to moving on to the next exercise.

Note: Weight listed is suggested, use what you have available or feel comfortable with.

- Body Weight Squats – 3 Sets / 12 Reps
- Stability Ball Leg Curls - 4 Sets / 12 Reps
- Body Weight Reverse Lunges – 4 Sets / 12 Reps

Stretch.