

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

Danny Rizzo

## Additional Workout – 25 & 26 Jan'14

Purpose: Build Core strength and slight Cardio with body weight exercises.

Begin with “Dynamic Warm-Up”. Each 30 – 45 Seconds.

- Butt Kicks with Arm Crosses
- High Knee March with Arm Raises
- “T” 3 Point Potations
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

(Move through the circuit, no rest between exercises, 30-45 seconds between circuits)

- Plank – 30 Seconds or Count to 20 slowly
- Heel Touches 30 Seconds or 12 Reps
- Fly Jacks – 30 Seconds or 15 Reps
- Inclined Plank with Shoulder Taps – 30 Seconds or 12 Taps each side
- Sea Turtles - 12 Taps each side – Rest 1 Minute
- Split Jacks – 30 Seconds or 15 Reps

Stretch.