

Coach Mike's Personal Training, LLC

Rachel Krawczyk

Additional Workout – 16 Feb'14

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

Begin with “Dynamic Warm-Up”. Each 30 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 Toe Taps– 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
- Half Burpees (Just Start – Leg Kicks Start / All on the ground) – 30 Seconds or 15 Reps

Do 3 times total.

Stretch.