

Coach Mike's Personal Training, LLC

Danny Rizzo

Additional Workout - Holiday Break'13

Purpose: Build strength, with Core work and treadmill “burner” to fire up your metabolism.

Floor Circuit:

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

- Stability Ball Plank – 30 Seconds or Count to 20 slowly
- Stability Ball Back Extensions 30 Seconds or 12 Reps
- Plank with Shoulder Taps – 12 Taps each side
- Oblique Twists - 12 Taps each side – Rest 1 Minute
- Repeat 2 more times

Strength:

(Perform all three sets prior to moving to the next. Take 30-45 seconds rest)

- Squats – 3 Sets / 12 Reps / 8.8lbs Plate (Hold against your chest)
- Chest Press – 3 Sets / 12 Reps / 36lbs on bar (Stability Ball in Bridge Position)
- Stability Ball Leg Curls – 4 Sets / 12 Reps / Body Weight (Perform slowly and with good form – Hips off the floor)
- Stability Ball Seated Rows – 4 Sets / 12 Reps / 7lbs DBs in each hand
- Reverse Alt Lunges with Twist – 3 Sets / 12 Reps each leg / 4lbs Med Ball (Rotate the Med Ball from side to side as you lunge over “front” leg, opposite leg of backwards motion)

Treadmill:

- 1 Minute 2.5mph at 0% incline
- 4 Minutes 5.0mph at 0% incline
- 3 Minutes at 3.5mph at 3% incline
- 2 Minute at 2.5mph at 0% incline (Cool Down)

As discussed at our workouts together, if you feel dizzy or lightheaded back off the intensity or stop. If the feeling continues let your parents know.

Stretch.