

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

Rachel Krawczyk

### Additional Workout 19 January'14

Purpose: The Cardio portion of the workout is designed with varying intensity to burn some extra calories. Treadmill:

(You will work on the treadmill and at varying speeds / incline. You should be able to handle the varying speeds, but if absolutely needed, you can bring them down slightly, just note what you used to let me know).

- 5 Minutes warm-up at a 2.5mph at 0% incline
- 2 Minutes at 4.5mph at 0% incline
- 4 Minutes at 3.7mph at 3% incline
- 2 Minutes at 5.2mph at 3% incline
- 4 Minutes at 4.0mph at 5% incline
- 2 Minutes at 6.0mph at 0% incline
- 1 Minute at 2.5mph at 0% incline (Cool Down)

Total 20 Minutes – Rest 2 minutes

Floor Circuit:

(What we did Friday except you won't do the Fly Jack at the end)

- Plank – 30 Seconds or Count to 20 slowly
- Superman 30 Seconds or Count to 20 slowly
- Oblique Twists with 3lbs DB 12 Taps each side – Rest 30 Seconds
- Repeat 2 more times

If you feel dizzy or light-headed while doing any of these activities, back off the intensity or stop.

Stretch