

Coach Mike's Personal Training, LLC

Rachel Krawczyk

Additional Workout 9 February'14

Purpose: This workout is designed with varying intensity to burn some extra calories.

Begin with "Dynamic Warm-Up". Each 45 Seconds.

- Butt Kicks with Arm Crosses
- High Knee March with Arm Raises
- Posterior Swings

Treadmill:

(You will work on the treadmill for 30 minutes at varying speeds / incline.)

- 3 Minutes – 3.5mph – 3% incline
- 2 Minutes – 4mph – 3% incline
- 2 Minutes – 5mph – 3% incline
- 2 Minutes – 4mph – 4.5% incline
- 2 Minutes – 5.5mph – 4.5% incline
- 2 Minutes – 4.5mph – 4.5% incline
- 2 Minutes – 6mph – 6% incline
- 2 Minutes – 5mph – 6% incline
- 3 Minutes – 4mph – 6% incline
- 2 Minutes – 5.5mph – 4.5% incline
- 1 Minute – 7mph – 4.5% incline
- 1 Minute – 6mph – 4.5% incline
- 1 Minute – 5mph – 3% incline
- 2 Minutes – 4mph – 3% incline
- 3 Minutes – 3.5mph – 0% incline

Total 30 Minutes – Rest 2 minutes

As discussed at our workouts together, if you feel dizzy or lighted back off the intensity or stop.

Stretch.