

Coach Mike's Personal Training, LLC

Leanna Anspach

Additional Workout 1

Note: Remember to breathe in through the nose on “relaxed” phase of movement and out through the mouth on “exertion” phase.

Dynamic Warm-Up

- High Knee March with Arm Raise – 30 Seconds
- Butt Kicks with Arm Crosses – 30 Seconds
- “Prisoner Style” 3 Point Trunk Rotations – 30 Seconds
- “T” Knee to Elbows – 30 Seconds (If this hurts, skip it)
- Posterior Swings – 30 Seconds
- Arm Circles (Forward and Back) – 30 Seconds
- Bent Over Flies – 30 Seconds
- Swimmer Arms (Front and Back) – 30 Seconds
- Shoulder Shrugs with Roll – 30 Seconds

1st Circuit Set (Perform 1st, then 2nd and 3rd exercise – Rest 30 Seconds and repeat a 2nd & 3rd Time – Rest a Minute after the 3rd)

- Plank - 30 seconds
- Leg Raise - 30 seconds
- Fly Jacks – 30 seconds (If needed, modify to ½, one leg / both arms)

2nd Circuit Set (Perform 1st, then 2nd and 3rd exercise – Rest 30 Seconds and repeat a 2nd & 3rd Time – Rest a Minute after the 3rd)

- Superman – 30 seconds
- Heel Touches – 30 seconds
- Laying Lateral Leg Raises – 30 seconds each side

Stretch.