

Coach Mike's Personal Training, LLC

Danny Rizzo

Additional Workout 14 December'13

Purpose: The Cardio portion of the workout is designed with varying intensity to burn some extra calories. The Core portion will continue to help you build the strength you need in this area.

Treadmill:

(You will work on the treadmill and at various times, stop, get off and perform an interval of various "jacks", then get right back on the treadmill. Do the "jacks" at a steady pace, it doesn't need to be at 100% - 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
- 10 Minutes at 5.0mph at 5% incline
- 30 Seconds of Jumping Jacks with Leg Crosses
- 2 Minutes at 5.6mph at 0% incline
- 30 Second of Fly Jacks with Leg Crosses
- 1 Minute at 4.5mph at 0% incline
- 30 Seconds of Split Jacks
- 3 Minute at 6.0mph at 0% incline
- 30 Seconds of Jumping Jacks with Leg Crosses
- 2 Minutes at 3.0 at 2.5mph at 0% incline

Total 25 Minutes – Rest 2 minutes

Floor Circuit:

- Plank – 30 Seconds or Count to 20 slowly – Rest 20 Seconds
- Mountain Climber 30 Seconds or 12 Reps each leg – Rest 20 seconds
- Plank – 30 Seconds or Count to 20 slowly – Rest 20 Seconds
- Cross Mountain Climber 30 Seconds or 12 Reps each leg – Rest 1 Minute
- Repeat 2 more times

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

Stretch.