

Coach Mike's Personal Training, LLC

Danny Rizzo

Additional Workout 18 December'13

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:

- Plank – 30 Seconds or Count to 20 slowly – Rest 20 Seconds
- Superman 30 Seconds or Count to 20 slowly – Rest 20 Seconds
- Inclined Plank with Shoulder Taps – 10 Taps each Shoulder – Rest 20 Seconds
- Oblique Twists (Pick-Pocket) with 4lbs MB 10 Taps each side – Rest 1 Minute
- Repeat 2 more times

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.