

Coach Mike's Personal Training, LLC

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Additional Workout 2

Note: Remember to breathe in through the nose on "relaxed" phase of movement and out through the mouth on "exertion" phase. If you feel lightheaded, dizzy, nauseous – Stop!

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)
- Opposite Hand to Foot Kicks – 30 Seconds
- 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 (Or count to 30, try to hold as long as possible)
- Leg Raise - 30 seconds (Or 15 "lifts")
- Mountain Climber – 30 seconds (Or 15 "touches" both feet – You did a "set" of these Thursday) – Try to keep your hips / back flat.

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)

- Stability Back Extension – 30 seconds (Or 15 extensions)
- Heel Touches – 30 seconds (Or 15 touches of each heel)
- Fly Jacks – 30 seconds (Don halves if needed – 15 each side)

Perform 3 sets of the exercises. Complete all three sets prior to moving to the next exercise. 30 seconds rest between sets, 1 minute after last set before moving to next exercise.

- Reverse Lunges (1 Leg at a time) - 3 sets / 10 reps each leg (Toes / feet pointing forward)
- Stair Chest Press (3rd stair) - 3 Sets / 5-7 reps (Try to get low and keep a good rhythm)
- Body Weight Squats – 3 Sets / 7 – 10 reps (Begin movement with your hips going back, knees "behind" your toes!)

Stretch and enjoy the day!