

Coach Mike's Personal Training, LLC

Leanna Anspach

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

Circuit Set (Perform 1st, then 2nd, 3rd, 4th and 5th exercises – Rest 1 minute / more if needed and repeat a 2nd & 3rd Time – With the same rest scheme)

- Plank - 30 seconds (Or count to 30, try to hold as long as possible)
- Modified Burpee - 30 seconds (5 reps)
- Fly Jacks – 30 seconds (Don halves if needed – 15 each side)
- Superman - 30 seconds (Or count to 30, try to hold as long as possible)
- Oblique Twists – 30 Seconds (Or 12 touches each side) Use a volleyball or basketball or a big can of soup / veggies, whatever you can find. Touch as far beyond your hips as possible.

Stretch and enjoy the day!