

Coach Mike's Personal Training, LLC

Leanna Anspach

Additional Workout 4

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)

- Laying Lateral Leg Raises - 30 seconds (Or 15 per side)
- Modified Burpee - 30 seconds (5 reps)
- Heel Touches – 30 Seconds (Or 15 per side)
- Stability Ball Rollouts – 30 Seconds (Or 15 reps) (Start with your hands low / toes on the ground as you roll the ball away from you – End fully extended)

Stretch and enjoy the day!