

Coach Mike's Personal Training, LLC

Rachel Krawczyk

Workout for 2 February'14

Note: Remember to breathe in through the nose on "relaxed" phase of movement and out through the mouth on "exertion" phase.

Begin with "Dynamic Warm-Up". Each 30 – 45 Seconds.

- High Knee March – Arm Cross
- High Knee March – Arm Raise
- "T" 3 Point Potations
- "T" Elbow to Knee
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

Perform 3 Sets – Of the following. Perform as a Circuit (One after the other) Rest 30 Seconds between sets. Rest 1 Minute before going on to the "Workout."

- Plank with Adduction of Legs - 30 seconds or count to 12 taps per leg
- Superman – 30 Seconds or count to 20 slowly.
- Oblique Twists with 3lbs DB - 30 seconds or count to 15 taps per side

Workout:

- Chest Press Mach - 3 Sets / 10 Reps / 50lbs (60lbs if you can)
- Spider Squats – 3 Sets / 12 Reps / Body Weight
- Seated Rows - 3 Sets / 10 Reps / 5lbs each hand (Sit up straight on a flat bench)
- Alternate Reverse Lunges - Hold 5lbs DB in each hand- 3 Sets / 10 Reps
- Shoulder Press – 2 Sets / 10 Reps / 5lbs each hand

Burner:

(Perform back to back 1 time through, no rest)

- Jumping Jacks – 25 Reps
- Plank – 30 Seconds
- Fly Jack – 25 Reps

Stretch