

# Coach Mike's Personal Training, LLC

Rachel Krawczyk

## Workout for 6 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 Toe Taps - 30 seconds or count to 12 taps per leg
- Bird Dog – 30 Seconds or count to 12 reps each pair.
- Heel Touches - 30 seconds or count to 15 taps per side

Workout:

- Chest Press Mach - 3 Sets / 10 Reps / 50lbs (Go 60lbs if you can)
- Spider Squats – 3 Sets / 12 Reps / Body Weight (Be sure to start with your hips moving back to ensure you knees don't bend past your toes- Do them over a flat bench).
- Seated Rows - 3 Sets / 10 Reps / 5lbs each hand (Sit up straight on a flat bench)
- Switch Lunges - 3 Sets / 5 Reps each leg
- Shoulder Press – 2 Sets / 10 Reps / 5lbs each hand
- Lat Pull Down Wide & Narrow Grip – 2 Sets / 5 Reps ea / 60lbs
- Standing Tricep Extensions – 3 Sets / 10 reps / 10lbs (Bend knees slightly and keep back straight).

Treadmill:

15 minutes of Interval setting.

Stretch