

Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 9 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
- 3 Point Potations
- Prisoner Style Elbow to Opposite 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 “TRX Work.”

- Inclined Plank with Shoulder Taps - 30 seconds or count to 15 taps per shoulder
- Bird Dog – 30 seconds or 12 reps each
- Superman – 30 Seconds or count to 20 slowly.

TRX Work:

- TRX Chest Press - 4 Sets / 10 Reps
- Ladder Squats – 3 Sets / 45 Seconds or a hold to 10 / 15lbs hold “Goblet Style”
- TRX Rows - 4 Sets / 15 Reps
- Switch Lunges(Forward and Reverse) - 2 Set / 5 Reps ea leg & way / Body Weight
- Lateral Shoulder Raises – 2 / Sets / 10 reps / 3lbs ea hand
- TRX Rollout 3 Sets / 10 Reps

Stretch