

Coach Mike's Personal Training, LLC

Rachel Krawczyk

Workout for 14 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."

- Fly Jacks – 30 seconds or count 25 reps
- Plank with Adduction (Leg out to the side) - 30 seconds or 12 taps per leg
- Superman – 30 Seconds or count to 12 reps each pair.
- Oblique Twists - (use 3lbs DB) 30 seconds or 15 taps per side

Workout:

- Chest Press Flat Bench - 3 Sets / 15 Reps / 10lbs each hand
- Isometric Squats – 3 Sets / 30 Sec Hold or count to 20 slowly / Body Weight
- Seated Rows - 3 Sets / 10 Reps / 5lbs each hand (Sit up straight on a flat bench)
- Proposals with High Knee - 3 Sets / Body Weight / 5 Reps each leg
- Shoulder Press – 3 Sets / 10 Reps / 5lbs each hand
- Lat Pull Down Wide & Narrow Grip – 2 Sets / 7 Reps ea / 60lbs
- Bicep Curls – 3 Sets / 10 Reps / 10lbs each hand (15lbs if you can)
- Standing Tricep Extensions – 3 Sets / 10 reps / 15lbs (Bend knees slightly and keep back straight.

Treadmill:

15 minutes of Interval setting – Go a higher level than last time.

Stretch