

# Coach Mike's Personal Training, LLC

Charlie Stahurski

## Workout for 15 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 Adduction - 30 seconds or count to 15 taps each per leg / foot
- Heel Touches – 30 seconds or 20 reps each side
- Contra Lateral Limb Raises with 3lbs DBs in each hand – 30 Seconds or 12 reps each side

TRX Work:

- Chest Press Mach - 4 Sets / 10 Reps / 1 at 50lbs 3 at 60lbs
- Goblet Squats – 3 Sets / 10 reps / 30lbs DB hold "Goblet Style"
- TRX Rows - 5 Sets / 10 Reps
- Switch Lunges(Forward and Reverse) - 2 Set / 5 Reps ea leg & way / Body Weight
- TRX Shoulder "Ys" – 3 Sets / 10 reps
- Standing Tricep Extensions - 3 Sets / 10 Reps / 20lbs DB
- TRX Rollout 3 Sets / 10 Reps

Stretch