

Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 18 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 Toe Taps - 30 seconds or count to 15 taps each per leg / foot
- Sea Turtles – 30 seconds or 20 reps
- Bird Dog – 30 Seconds or 15 reps each side

TRX Work:

- TRX Chest Press - 4 Sets / 12 Reps
- TRX Squats – 3 Sets / 15 reps
- TRX Rows - 5 Sets / 10 Reps
- Alt Reverse Lunges - 3 Set / 10 Reps ea leg / Body Weight
- TRX Shoulder “Ys” – 3 Sets / 10 reps
- Standing Bicep Curls – 3 Sets / 10 Reps / 25lbs DB
- Standing Tricep Extensions - 3 Sets / 10 Reps / 20lbs DB
- TRX Rollout 3 Sets / 10 Reps

Stretch