

# Coach Mike's Personal Training, LLC

Charlie Stahurski

## Workout for 24 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

Floor Circuit: (Move through the circuit, no rest between exercises, 30-45 seconds between circuits – 3 times total)

- Plank with Toe Taps – 30 Seconds or 12 taps each foot
- Bird Dog - 30 Seconds or 12 Reps
- Oblique Twists 3lbs DB - 12 Taps each side

Strength: (Perform all three sets prior to moving to the next. Do not rush the moves, feel the weight. Take 30-45 seconds rest)

- Spider Squats – 3 Sets / 12 Reps / Body Weight
- Chest Press Mach – 3 Sets / 12 Reps / 60lbs & 1 Set / 6-8 reps / 70lbs
- Reverse Alt Lunges with Twist – 3 Sets / 10 Reps each leg / 3lbs DB (Rotate the DB from side to side as you lunge over "front" leg, opposite leg of backwards motion)
- Seated Rows – 3 Sets / 10 Reps / 7.5 or 8lbs DB each hand
- TRX Shoulder Ys – 3 Sets / 12 Reps / Body Weight

Treadmill:

- 1 Minute 2.5mph at 0% incline
- 4 Minutes 5.0mph at 0% incline
- 3 Minutes at 3.5mph at 3% incline
- 2 Minute at 2.5mph at 0% incline (Cool Down) – Stretch afterwards.