

Coach Mike's Personal Training, LLC

Rachel Krawczyk

Workout for 28 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 Adduction – 30 Seconds or 15 taps each foot
- Dead Bug - 30 Seconds or 15 Reps
- Heel Touches - 15 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)

- Iso-Hold Squats – 3 Sets / 1 through 10 count "holds" / Body Weight
- Chest Press on Bench – 3 Sets / 12 Reps / 15lbs DB ea hand
- Switch Lunges – 2 Sets / 5 Reps each leg, each way / Body Weight
- 1 Armed Rows using Bench for support – 3 Sets / 10 Reps / 8 or 10lbs DB
- Lat Pull Down Wide & Narrow Grip – 2 Sets / 7 Reps ea / 60lbs
- Standing Tricep Extension – 3 Sets / 15 reps / 10lbs DB

Burner:

- 5 Half Burpees
 - Plank – 30 Seconds or 20 count slowly
 - Fly Jacks – 15 reps
- (Rest and repeat.)

STRETCH.