

Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 2 March'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

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

- TRX Chest Press – 4 Sets / 12 Reps / Body Weight
- TRX Squats – 4 Sets / 12 Reps / Body Weight
- TRX Rows – 4 Sets / 12 Reps / Body Weight
- Switch Lunges – 2 Sets / 7 reps each leg, each way / Body Weight
- TRX Shoulder Ys – 3 Sets / 12 Reps / Body Weight
- Standing Bicep Curls – 3 Sets / 10 Reps / You determine weight
- Standing Tricep Extensions – 3 Sets / 10 reps / You determine weight

Treadmill:

- 1 Minute 2.5mph at 0% incline
- 3 Minutes 4.0mph at 2% incline
- 1 Minute 6.0 at 3% incline
- 3 Minutes at 3.5mph at 3% incline
- 2 Minute at 2.5mph at 0% incline (Cool Down)

Stretch afterwards.