

# **Coach Mike's Personal Training, LLC**

Joanne Cain

## Workout for 6 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

Perform 3 Planks – 30 Seconds each with 30 seconds rest in between. Then rest one minute before proceeding to the next activity.

Perform 5 rounds of the following circuit as noted. Do each exercise 30 seconds and take 30 seconds rest in between rounds (a little more if needed.)

1. Squat into a Shoulder Press – Use a gallon water jug as your weight or the heaviest DB you have
2. Standing Tricep Extension - Use a gallon water jug as your weight or the heaviest DB you have
3. Fly Jacks – Body Weight

Round 1: 30 sec ea - Squat into a Shoulder Press / Standing Tricep Extension / Fly Jacks – Rest 30 seconds

Round 2: 30 sec ea - Squat into a Shoulder Press / Standing Tricep Extension – Rest 30 seconds

Round 3: 30 sec ea - Squat into a Shoulder Press / Fly Jacks – Rest 30 seconds

Round 4: 30 sec ea - Standing Tricep Extension / Fly Jacks – Rest 30 seconds

Round 5: 30 sec ea - Squat into a Shoulder Press / Standing Tricep Extension / Fly Jacks – Rest 30 seconds

Stretch.