

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

Joanne Cain

## Workout for 13 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 each of the following for the prescribed Sets / Time or Reps with the associated exercise right after – rest 30 seconds after each set and then 1 minute prior to moving on to the next exercise

- Inclined (3<sup>rd</sup> Stair) Push-Ups - 3 Sets / 10 Reps & Plank -30 seconds each
- Alternating Lunges - 3 Sets / 3lbs each hand / 7 Reps each leg & Superman -30 seconds
- Seated Rows - 3 Sets / 5lbs each hand / 12 Reps & Fly Jacks - 30 seconds
- Stability Ball Leg Curls – 3 Sets / 15 Reps & Folding Chairs - 30 seconds each

Stretch.