

Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 19 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

Core: (Perform as a circuit. No rest between each exercise. 30 -45 seconds rest after the circuit. One minute rest after the 3rd time through)

- Inclined Plank with Shoulder Taps – 15 taps each shoulder
- Bird Dog – 15 reps each limb
- Heel Touches – 20 touches each side

Strength: (Perform all 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 / 10 Reps / Body Weight
- Spider Squats – 4 Sets / 10 Reps each leg / Body Weight
- TRX Rows – 4 Sets / 12 Reps / Body Weight
- Switch Lunges – 2 Sets / 7 reps each leg, each way / Body Weight

Stretch afterwards.