

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

Joanne Cain

Workout for 27 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 the following in Tabata Protocol fashion, alternating between the two exercises as group. 20 seconds on / 10 seconds rest for 8 rounds (4 each exercise) – Rest a minute or so then move to the next grouping.

- Skaters / Plank with Adduction (Keep your hips & back flat)
- Superman Rollover Pike
- Bird Dog / Dead Bug
- Right Side Plank / Left Side Plank

Stretch.