

Coach Mike's Personal Training, LLC

Joanne Cain

Workout for 6 April'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 (3rd Stair) Push-Ups - 3 Sets / 10 Reps & Plank with adduction -30 seconds each
- Spider Squats - 3 Sets / Body Wight / 10 Reps each leg & Bird Dog -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.