

# Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 22 June'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
- 3 Point Potations
- Prisoner Style Elbow to Opposite Knee
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

Perform 3 Sets – Of the following. Perform as a Circuit (One after the other) Rest 30 Seconds between sets. Rest 1 Minute before going to resistance sets.

- Plank with Toe Taps - 30 seconds or count to 15 taps per foot
- Superman – 30 Seconds or count to 20 slowly
- Heel Touches – 30 Seconds or 20 taps each heel

Resistance:

- Chest Press on Bench - 4 Sets / 10 Reps (1<sup>st</sup> set 2 “plates” – next 3 4 “plates”)
- Goblet Squats – 3 Sets / 10 Reps (Use 1 DB holding at chest level gripping “head” 20lbs)
- TRX Rows - 4 Sets / 12 Reps
- Chest Flies on Machine – 2 Sets / 10 reps – Use 2 “plates”
- TRX Shoulder Ys – 3 Sets / 10 reps

Stretch