

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

Charlie Stahurski

Workout for 29 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: 1 Set of the following. Rest 1 Minute before going to resistance sets.

- Plank – Hold for as long as you can – Record time for me!
- Superman – Hold for as long as you can – Record time for me!

Resistance:

- Chest Press on Bench - 4 Sets / 8 Reps (1<sup>st</sup> set 2 “plates” – next 3 sets 4 or more “plates”)
- Ladder Squats – 3 Sets / 10 Count (Squat, hold for 1 count, Squat, hold for 2 count, Squat, hold to 3 count, etc.) Hold 15lbs DB at Chest Level
- TRX Rows - 5 Sets / 8 Reps
- Alternating Reverse Lunges – 3 Sets / 10 Reps Holding a 10lbs DB in each hand at your side
- Shoulder Presses – 3 Sets / 10 reps / 10lbs DB each hand – Neural Grip (Palms facing inward)

Stretch