

# Coach Mike's Personal Training, LLC

Charlie Stahurski

## Workout for 20 July'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 – 1 Minute
- Superman – 1 Minute

Resistance: (No legs today!) Rest as much as needed between sets and exercises.

- Chest Press on the Machine - 4 Sets / 8 Reps (1<sup>st</sup> set 3 “plates” – next 3 sets 5 “plates”)
- TRX Rows - 5 Sets / 8 Reps
- Flys on the Machine – 3 Sets / 10 Reps (1<sup>st</sup> set 2 plates – next two sets 3 “plates”)
- Shoulder Press – 3 Sets / 10 reps / 12 – 15lbs each hand
- Upright Rows – 3 Sets / 10 reps / 15lbs each hand

Stretch and enjoy the day!