

Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 27 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 with Shoulder Tap – 30 seconds or as long as you can – Keep your hips still.
- Butt Ups - 30 seconds or as long as you can
- Heel Touches - 30 seconds or as long as you can

Resistance: Rest at least 30 seconds between and at least 1 minute exercises.

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

Stretch and enjoy the day!