

Coach Mike's Personal Training, LLC

Charlie Stahurski

Workout for 10 August '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

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

- TRX Chest Press - 3 Sets / 12 Reps
- TRX Squats – 3 Sets / 10 Reps
- TRX Rows - 4 Sets / 12 Reps
- TRX Leg Curls – 3 Sets / 10 Reps
- Fly Machine – 2 Sets / 12 Reps (3 plates)
- TRX Shoulder - “Ys” - 3 Sets / 10 Reps
- TRX Rollouts – 3 Sets / 10 Reps
- Front Shoulder Raises – 2 Sets / 10 Reps / 5lbs ea.
- Lateral Shoulder Raises - 2 Sets / 10 Reps / 5lbs ea.

Stretch and enjoy the day!