

# Coach Mike's Personal Training, LLC

Charlie Stahurski

## Workout for 18 January' 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
- “T” 3 Point Potations
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

- Perform 3 Sets – 30 Second each (Count to 20 slowly) Planks – Rest 20 Seconds between

TRX Work:

- TRX Chest Press - 3 Sets / 12 Reps
- Squats – Hold 20lbs DB (Goblets Style) 3 Sets / 12 Reps (Be sure to start with your hips moving back to ensure you knees don't bend past your toes).
- TRX Rows 3 - Sets / 12 Reps
- Alternate Reverse Lunges - Hold 15lbs DB (Goblets Style) 3 Sets / 12 Reps
- Shoulder “Y”s – 2 Sets / 12 Reps
- Shoulder “T”s – 2 Sets / 12 Reps
- Bicep Curls – 3 Sets / 15 Reps – You choose weight.
- Standing Tricep Extensions – 3 Sets / 15 Reps – You choose weight.

Stretch