

Coach Mike's Personal Training, LLC

Joanne Cain

Workout for 17 December'13

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
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

1st Circuit Set (Perform 1st, then 2nd and 3rd exercise – Rest 30 Seconds and repeat a 2nd & 3rd Time – Rest a Minute after the 3rd)

- Plank on Elbows - 30 seconds
- Bird Dog – 30 Seconds or 12 reps each
- Heel Touches – 30 Seconds or 12 reps each

2nd Circuit Set (Perform 1st, then 2nd and 3rd exercise – Rest 30 Seconds and repeat a 2nd & 3rd Time – Rest a Minute after the 3rd)

- Superman Rollover Pikes – 12 to 15reps
- Standing DB Rotations (3-5lbs) – 12-15 reps
- Standing Lateral Leg Raise - 12-15 reps each leg

3rd Circuit Set (Perform 1st, then 2nd and 3rd exercise – Rest 30 Seconds and repeat a 2nd & 3rd Time – Rest a Minute after the 3rd)

- Contra-Lateral Limb Raises - 12-15 reps
- Glute Raises – 12-15 reps
- Snow Angles - 12-15 reps

Stretch.