

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 - 30 seconds
- Heel Touches – 30 seconds or 12 touches each
- Snow Angel – 30 seconds or 12 reps

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)

- Contra-Lateral Limb Raises – 30 seconds or 12 reps
- Dead Bugs – 30 seconds or 12 reps
- Folding Chairs – 12 reps

Perform the following with Body Weight exercises

- Glutes Raises - Do each 3 times for 30 seconds or 15 reps with 30 seconds rest in between.
- Primitive Squats – 10 Regular, 10 narrow and 10 Wide / Toes pointed out stances
- Stability Ball Leg Curls – 3 times for 30 seconds or 15 reps with 30 seconds rest in between.

Stretch.