

# Coach Mike's Personal Training, LLC

Joanne Cain

## Workout for 22 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

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

- Plank - 30 seconds
- Superman – 30 seconds or 12 touches up (2 count) / down (1 count)
- Sea Turtle – 30 seconds or 12 reps

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

- Bird Dog – 30 seconds or 12 reps
- Fire Hydrant – 30 seconds or 12 reps each way
- Stability Ball Rollouts – 30 seconds or 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.
- Spider Squats – Do each 3 times for 30 seconds or 15 reps with 30 seconds rest in between.
- Inclined (3<sup>rd</sup> Stair) Pushups – 25 reps (Rest if needed in between)

Stretch.