

Coach Mike's Personal Training, LLC

Joanne Cain

Workout for 28 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
- "T" 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
- Hallows – 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)

- Superman – 30 seconds or 12 reps
- Snow Angels – 30 seconds or 12 reps
- Side Plank each side – Count to 15

Perform the following with Body Weight exercises

- Glutes Raises - 3 Sets 15 reps with 30 seconds rest in between.
- Spider Squats – 3 Sets 10 reps each side and do an Isometric hold squat for a 5 count with 30 seconds rest in between.
- Stability Ball Leg Curls – 4 Sets 10 reps with 30 seconds rest in between.

Stretch.