

# Coach Mike's Personal Training, LLC

Rachel Krawczyk

## Workout for 25 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

Workout:

- Plank – Hold for 30 Seconds or count slowly to 20.
- Chest Press Mach - 3 Sets / 12 Reps / 50lbs
- Squats – 4 Sets / 12 Reps / Body Weight (Be sure to start with your hips moving back to ensure you knees don't bend past your toes- Do them over a flat bench).
- Seated Rows - 3 Sets / 10 Reps / 5lbs each hand (Sit up straight on a flat bench)
- Alternate Reverse Lunges - Hold 5lbs DB in each hand- 3 Sets / 10 Reps
- Shoulder Press – 2 Sets / 10 Reps / 5lbs each hand
- Bicep Curls – 3 Sets / 10 Reps / 8lbs each hand.
- Standing Tricep Extensions – 3 Sets / 10 reps / 10lbs (Bend knees slightly and keep back straight).
- Fly Jack – 30 Seconds or 15 reps.

Stretch