

# **Coach Mike's Personal Training, LLC**

Tom Drake

## Bodyweight Workout 3

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 Seconds.

- Butt Kicks with Arm Crosses
- High Knee March with Arm Raises
- “T” 3 Point Potations
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

(Move through the circuit, no rest between exercises, Rest 1 Minute between circuits)

- Prisoner Style (hands behind head / elbows directly out to the sides) Squat – 10 reps
- Pushup – 10 reps
- Switch Lunge (Forward and Reverse) – 10 Reps ea leg

Do 3 times total.

Stretch.