

Coach Mike's Personal Training, LLC

Karen Bruck

Circuit Workout

Note: Remember to breathe in through the nose on “relaxed” phase of movement and out through the mouth on “exertion” phase.

Purpose: To push your cardio and spike your metabolism while building lean muscle.

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

Circuit Set (Perform all the exercises one after the other as a circuit taking minimal rest between each– Just 1 set of each – Rest 2 Minutes and repeat all the exercises for a second time, again one right after the other. Use about half the weight you would normally use as this will be a little more intense. Best to do with no one else using the machines, but if need be, just work around other gym users.)

Frontier Gym:

- Chest Press Machine – 1 Sets / 10 reps / Weight
- Body Weight Squats over Bench – 1 Sets / 10 Reps / Body Weight
- Dual Adjustable Cable – Seated Rows – 1 Sets / 10 Reps / Weight
- Laying Leg Curl Machine – 1 Sets / 10 Reps / Weight
- Plank – 30 Seconds
- Fly Dec Machine – 1 Sets / 10 Reps / Weight
- Lat Pull Down Machine 2 Sets / 10 Reps / Weight (1 Sets Wide / Pronated Grip & 1 Sets Narrow / Supinated Grip)
- Superman – 30 Seconds

Stretch.