

Coach Mike's Personal Training, LLC

Karen Bruck

Regular Workout

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

Purpose: To build strength & 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 1st, then 2nd and 3rd exercise – Rest 30 Seconds and repeat a 2nd & 3rd Time – Rest a Minute after the 3rd)

- Plank - 30 seconds
- Superman – 30 seconds or 12 touches each
- Oblique Twists – 30 seconds or 12 reps (Use small Medicine Ball)

Frontier Gym:

(Use a weight your comfortable with for each exercise at 10 reps after a workout or two, move to 12 Reps, then the next workout after 12 Reps, go up in weight and back to 10 Reps. Keep track so you can progress.)

- Chest Press Machine – 3 Sets / 10 reps / Weight
- Body Weight Squats over Bench – 3 Sets / 10 Reps / Body Weight
- Dual Adjustable Cable – Seated Rows – 3 Sets / 10 Reps / Weight
- Laying Leg Curl Machine – 3 Sets / 10 Reps / Weight
- Fly Dec Machine – 3 Sets / 10 Reps / Weight
- Lat Pull Down Machine 4 Sets / 10 Reps / Weight (2 Sets Wide / Pronated Grip & 2 Sets Narrow / Supinated Grip)
- Bicep Machine – 3 Sets / 10 Reps / Weight OR Dual Adjustable Cable with the setting at the floor and a hand grip and do your curls there
- Tricep Machine – 3 Sets / 10 Reps / Weight OR Dual Adjustable Cable with the setting above your head and a hand grip and do your extensions there

Stretch.