

Coach Mike's Personal Training, LLC

Warrior Dash

Run – Strength Body Weight Workout

Note: Remember to breathe in through the nose on “relaxed” phase of movement and out through the mouth on “exertion” phase. If you feel lighted, dizzy, nauseous – Stop!

Dynamic Warm-Up:

- High Knee March with Arm Raise – 30 Seconds
- Butt Kicks with Arm Crosses – 30 Seconds
- “Prisoner Style” 3 Point Trunk Rotations – 30 Seconds
- “T” Knee to Elbows – 30 Seconds
- Opposite Hand to Foot Kicks – 30 Seconds
- Posterior Swings – 30 Seconds
- Arm Circles (Forward and Back) – 30 Seconds
- Bent Over Flies – 30 Seconds
- Swimmer Arms (Front and Back) – 30 Seconds
- Shoulder Shrugs with Roll – 30 Seconds

Workout:

Do the following in order. You may break the exercises into sets of 10 with a rest in between or just do as many of each exercise as you can, rest and finish. Walk / Run as needed and perform as body weight only.

- Run 1k (.62 miles)
- Perform 50 Body Weight Squats
- Perform 4 – 30 Second Planks
- Perform 30 Push-Ups
- Perform 20 Alternating Lunges (each leg)
- Perform 10 Burpees
- Run 1k (.62 miles)

Stretch and enjoy the day!