

# Coach Mike's Personal Training, LLC

Reni Rodriguez

## Upper Body Workout

Note: Remember to breathe in through the nose on “relaxed” phase of movement and out through the mouth on “exertion” phase. As discussed, if you feel dizzy or lightheaded back off the intensity or stop. If the feeling continues let your parents know.

**“Dynamic Warm-Up”**. Each 30 – 45 Seconds.

- Butt Kicks – Arm Cross
- High Knee March – Arm Raise
- “T” Knee to Elbow
- Prisoner Rotations
- Posterior Swings
- Hand to Opposite Foot Kicks
- Arm Circles
- Bent Over Flies
- Fly Jacks

### **Core Circuit:**

Perform: 3 set of the following circuit, with a 30 second rest in between. Rest 1 Minute before going to “resistance” work.

- Plank – 30 seconds. Keep your hips level, glutes tight, abs engaged.
- Bird Dog - 30 seconds.
- Heel Touches – 30 seconds.
- Oblique Twists – 30 Seconds (Use a basketball or 2lbs DB)
- Fly Jack with leg crisscross – 30 seconds

### **Resistance Sets:**

Rest 30 – 45 seconds between sets, 1 minute before moving to next exercise.

- Pushups or Stair Pushups – 3 Sets / As many as you can each set
- Stability Ball Seated Rows – 4 Sets / 10 Reps / 5lbs DB each hand
- Shoulder Press – 3 Sets / 10 Reps / 3-5lbs DB each hand
- 3-5 minutes on treadmill 4mph / 5% Incline.

Stretch.