

Coach Mike's Personal Training, LLC

Amanda Mackay

Additional Workout 8

Dynamic Warm-Up

- High Knee March with Arm Raise – 30 Seconds
- Butt Kicks with Arm Crosses – 30 Seconds
- “T” 3 Point Trunk Rotations – 30 Seconds
- “T” Knee to Elbows
- Posterior Swings – 30 Seconds
- Arm Circles – 30 Seconds
- Bent Over Flies – 30 Seconds

1st 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
- Heel Touches – 30 seconds

Perform the following on Weight Machines at SLU:
(Please record weight used and give to me)

- Chest Press Machine – 3 Sets / 10 / Use a weight that's challenging
- Leg Press – 3 Sets / 10 Reps / Use a weight that's challenging
- Seated Row - 3 Sets / 10 / Use a weight that's challenging
- Leg Curl - 3 Sets / 10 / Use a weight that's challenging
- Shoulder Press (Standing, Non-Machine) – 3 Sets / 10 Reps / 5-7lbs each hand

Stretch.