

# **Coach Mike's Personal Training, LLC**

Rachel Krawczyk

Workout for 5 March'14

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

Begin with "Dynamic Warm-Up". Each 30 – 45 Seconds.

- High Knee March – Arm Cross
- High Knee March – Arm Raise
- "T" 3 Point Potations
- "T" Elbow to Knee
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

Floor Circuit: (Move through the circuit, no rest between exercises, 30-45 seconds between circuits – 3 times total)

- Plank with Tie Taps – 30 Seconds or 15 taps each foot
- SeaTurtle - 30 Seconds or 15 Reps
- Heel Touches - 15 Taps each side
- Fly Jacks – 20 Reps

Strength: (Perform all three sets prior to moving to the next. Do not rush the moves, feel the weight. Take 30-45 seconds rest)

- Goblet Squats – 3 Sets / 10 Reps / 20lbs DB
- Chest Press Machine – 3 Sets / 10 Reps / 60lbs (70lbs if you can)
- Alt Reverse Lunges – 3 Sets / 10 Reps each leg / Body Weight
- 1 Armed Rows using Bench for support – 3 Sets / 10 Reps / 8 or 10lbs DB
- Lat Pull Down Wide & Narrow Grip – 2 Sets / 7 Reps ea / 60lbs
- Standing Tricep Extension – 3 Sets / 15 reps / 10lbs DB

Treadmill:

- 20 Minutes Interval Setting

STRETCH.