

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

Rachel Krawczyk

Workout for 9 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

Strength: (Perform all sets prior to moving to the next. Do not rush the moves, feel the weight. Take 30-45 seconds rest – Perform the "\* Floor Exercise" after the last set.

- ISO-Hold Squats – 3 Sets / 30 Secs / Body Weight \* 30 Seconds or 10 Reps Half Burpee
- Chest Press on Flat Bench – 3 Sets / 10 Reps / 10lbs each hand (15lbs if you can) \* 30 Seconds of 18 Reps Jumping Jacks
- Switch Lunges – 2 Sets / 7 Reps, each leg – each way / Body Weight \* 30 Second Plank
- Bent Over Rows – 3 Sets / 10 Reps / 8lbs DB each hand \* Sea Turtle 30 Seconds or 15 Reps
- Standing Shoulder Press – 3 Sets / 10 Reps / 8lbs DB each hand \* Oblique Twist 30 seconds or 15 taps each side with a 3lbs DB
- Standing Tricep Extension – 3 Sets / 10 reps / 15lbs DB \* Plank with Toe Taps 30 seconds or 15 taps each foot. Then a Bird Dog 30 seconds or 12 Reps each arm / leg.

STRETCH.