

# Coach Mike's Personal Training, LLC

Charlie Stahurski

## Workout for 13 July'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
- 3 Point Potations
- Prisoner Style Elbow to Opposite Knee
- Posterior Swings
- Arm Circles (Small - Forward & Back)
- Bent Over Flies

Perform: 1 Set of the following. Rest 1 Minute before going to resistance sets.

- Plank with adduction – 1 Minute
- Bird Dog – 1 Minute

Resistance:

- Chest Press on Bench - 4 Sets / 8 Reps (1<sup>st</sup> set 2 “plates” – next 3 sets 4 or more “plates”)
- Isometric Squats – 3 Sets / 30 Seconds (Hold in the squatted position for 30 seconds, re-set if you need) - Hold 15lbs DB at Chest Level
- TRX Rows - 5 Sets / 8 Reps
- Alternating Reverse Lunges – 3 Sets / 7 Reps Holding a 12lbs DB in each hand at your side
- TRX Shoulder Ys – 3 Sets / 10 reps

Stretch