



PERSONAL TRAINER OF THE WEEK

LAURA - ASHLEY COFER

MARCH 23 - 29, 2015

*All exercises combined are considered ONE set.

Cardio Circuit: Complete each exercise for 60 seconds with 30 seconds of rest in between. Complete for a total of 3 sets.

MONDAY

Alternating Lunges with Medicine Ball

Jump Squats

Switch Kicks

Jumping Jacks with Medicine Ball

Mountain Climbers

Medicine Ball Butt Kicks

TRX Training: TRX Suspension Trainers should be utilized for each exercise. Set 1: Rest 60 seconds between sets - 4 total sets
Set 2: Rest 60 seconds between sets - 3 total sets.

TUESDAY

15 Reverse Lunges (each leg)

12 Rows

10 Push-ups

20 Jump Squats

15 Bicep Curls

10 Tricep Extensions

Full Body Circuit: Rest 45 seconds between each exercise. Repeat for 2-3 sets.

WEDNESDAY

10-minute Cardio Warm-up (Elliptical)

20 Sumo Squats to Barbell Overhead Press

60-second Mountain Climbers

15 Static Lunges w/Dumbbell Curl (each leg)

45-second Mountain Climbers

10 Lateral Lunges to Tricep Kickback

30-second Mountain Climbers

Cardio and Core: Rest 45 seconds between each exercise.

THURSDAY

15 Minutes of Stairmaster Cardio

25 BOSU Ball Crunches

15 Minutes of Recumbent Exercise Bike Cardio

60-second Plank

15 Minutes of Elliptical Cross Trainer Cardio

20 Flutter Kicks (each leg)

Strength Training: Complete 12 reps of each exercise for a total of 3 sets.

FRIDAY

10-minute Moderate Treadmill Jog Cardio

Shoulder Press

Cable Tricep Extensions

Kinesis Machine Rows

Resistance Machine Chest Press

Dumbbell Bicep Curls

Prisoner Squats

Single Leg Glute Bridges

BOSU Ball Calf Raises

SATURDAY & SUNDAY

Rest Days