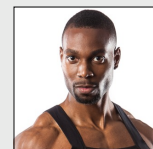




My Respire Fitness Workout

Base : Workout 2



MikeFitCoach

Intensity

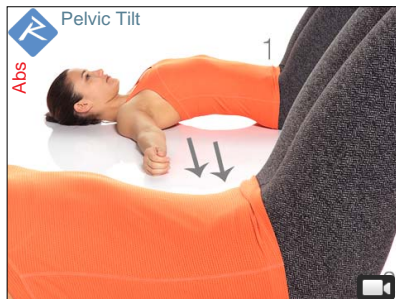
Reps: 15

Sets: 3 sets per exercise

Load: BODYWEIGHT

Rest: 60 seconds between sets

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets.
Use your own bodyweight as resistance.



- Abs**
- 1- Lie on your back with your knees bent and feet flat and your arms at your sides.
 - 2 - Tighten your abdominals, pulling your belly button in and up towards your ribs.
- Press your back into the floor, allowing your pelvis to slightly round.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			



- Lower Back**
- Begin on all fours with both knees and hands on the floor.
 - 1 - Raise one arm and the opposite leg straight up to shoulder height.
 - 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			



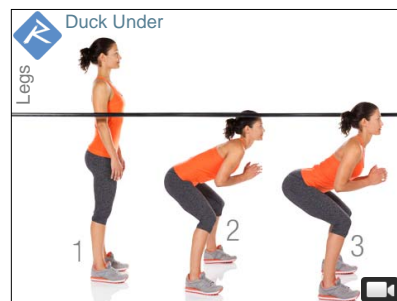
- Legs**
- 1 - Stand upright with your feet split front to back with your hands at your sides.
 - 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
 - 3 - Push off the front foot to return to start position.
- Complete all reps on one side before switching to the

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			



- Triceps**
- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
 - 2 - Lower your body toward the floor, bending at the elbows.
 - 3 - Push up through your palms to return to the start position.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			



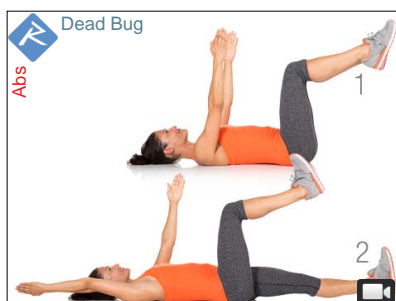
- Legs**
- 1 - Stand upright to one side of a bar at hip height.
 - 2 - Squat low, sending your hips back and down, keeping your back flat and head up.
 - 3 - Duck under the bar, then come upright on the other side.
- Squat again and duck and repeat back to the other side, alternating sides with each rep.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			



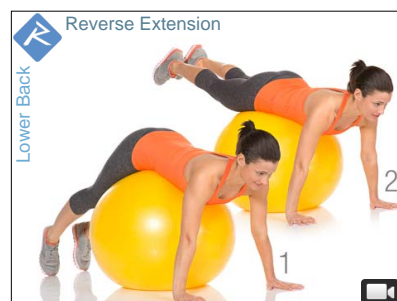
- Legs**
- 1 - Start in a squat position holding the ball on floor in front of you.
 - 2 - Stand upright and lift the ball overhead, extending your arms fully.
- Lower the ball back to the floor, returning to a squat position.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			



- Abs**
- 1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
 - 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.
- Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			



- Lower Back**
- 1 - Lie face down with your chest on the ball, your hands and feet on the floor.
 - 2 - Raise your legs up behind straight, making a line from your feet to shoulders.
- Do not bounce up and down on the ball as you perform each rep.

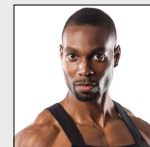
Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			

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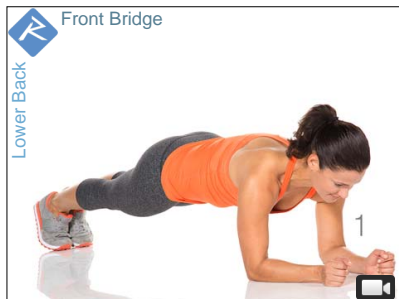


My Respire Fitness Workout

Base : Workout 2



MikeFitCoach



• Lie face down on the floor with your legs straight and arms tucked in by your sides.
1 - Raise your body off the floor, resting on your toes and forearms.

• Try to maintain your body in a straight line and keep your back neutral/flat.

• Hold briefly, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Lie on your back on a ball with your arms out to the sides at shoulder level and your hips up in line with your shoulders.
2 - Roll your upper body across the ball to one side, moving your feet.
3 - Roll back across the ball to the other side.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			