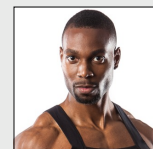




My Respire Fitness Workout

Base : Workout 4



MikeFitCoach

Intensity

Reps: 12

Sets: 3 sets per exercise

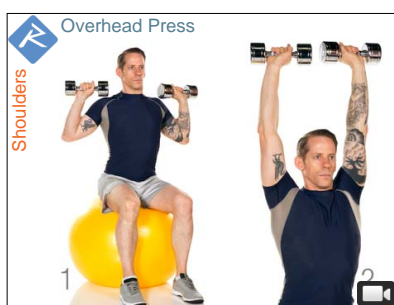
Load: CHALLENGING weight

Rest: 60 seconds between sets

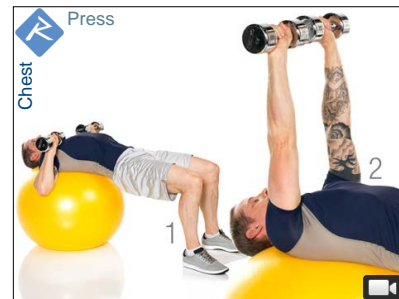
For each exercise, perform 3 sets of 12 repetitions, resting 60 seconds between sets.
Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If it's too hard, slightly decrease it.



Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



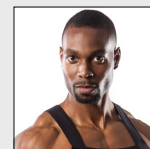
Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			

This PDF/printout was generated using Respire Fitness. Get access at <http://web.pumpone.com/temp/respirefitness.html>.



My Respire Fitness Workout

Base : Workout 4



MikeFitCoach



- 1 - Lie on your back with your knees bent and your heels on the ball, placing your hands at the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



- 1 - Lie face down on the ball with your hands and feet touching the floor.
 - 2 - Raise one arm and the opposite leg straight up, making a straight line.
 - 3 - Lower both and repeat with the other arm and leg.
- Alternate sides with each rep.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



- 1 - Lie on your back with your heels on the ball, legs straight and your hands at your sides.
 - 2 - Raise your hips off the floor, making a straight line from your feet to your shoulders.
- Lower your body back to the floor and repeat.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			