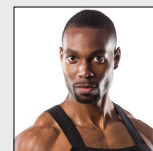




My Respire Fitness Workout

Bootcamp : Workout 1



MikeFitCoach

Intensity

Reps: 12

Circuits: 3

Load: BODYWEIGHT

Rest: 60 secs between circuits

Perform 12 reps of each exercise in a circuit, resting 60 seconds between circuits.

Perform 3 full circuits.

Circuit

Perform each exercise in the workout, one after another, and then rest. This is one circuit.

Crossover Step Up



1 - Stand to the side of a bench with your outside foot on the bench across the other leg, arms by your sides
2 - Push down on top foot and step up and laterally onto the bench.
• Step down onto the inside foot, keeping the outside foot on the bench.
• Complete all reps on one side before switching to the

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

Uni Squat



1 - Stand upright with one foot slightly off the floor.
2 - Slowly lower your body down towards the floor into a squat position, keeping your back neutral/flat and one foot off the floor.
3 - Push into your standing foot to return to the start position.
• Complete all reps on one side before switching to the

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

Squat Thrusts



1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
3 - Jump your feet back out to a straight position.

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

Chin Up



1 - Hang from a bar overhead, using an underhanded grip with your hands shoulder-width apart.
2 - Pull your body up until your chin reaches over the bar, bending at the elbows.
• Lower back down, extending your arms fully.

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

Hanging Leg Raise



1 - Hang from a secure bar overhead with your arms and legs straight.
2 - Raise your legs straight up and out in front, making a 90 degree angle at your hips.
• Lower your legs and repeat, keeping your arms straight and not swinging back and forth.

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

V-Up



1 - Lie on your back with your legs straight and your arms stretched out overhead.
2 - Raise your legs straight up while also lifting your upper body off the floor and reach your hands toward your feet, keeping both your arms and legs straight.
• Slowly lower your upper body and legs back to the floor and repeat, keeping the

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

Feet Up Bench Dip



1 - Place your palms on a bench behind you and your heels on a bench in front 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 straight arm position.

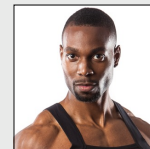
Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			

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



My Respire Fitness Workout

Bootcamp : Workout 1



MikeFitCoach



1- Start in the top position of a push up with your arms straight.
2 - Bend your elbows and lower your body towards the floor while also bending one knee and bringing it to your elbow with your foot off the floor.
3 - Push back up to the top position and repeat with the other leg to the other elbow.

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