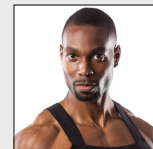




# My Respire Fitness Workout

Bootcamp : Workout 2



# MikeFitCoach

## Intensity

Perform  
the exercises for  
**1 minute** each  
as a circuit

Do **3** circuits

Perform each exercise in a circuit for 1 minute each, resting for 60 seconds at the end of the circuit.  
Perform 3 full circuits.

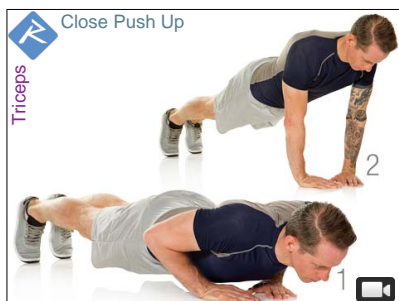
## Circuit

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



1 - Support your body on your toes and hands with your hands inside your shoulders and your elbows bent, chest nearly touching the floor.  
2 - Push up to a straight arm position.  
• Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |



1 - Support your body on your toes and hands with your hands touching each other in the middle under your chest and your elbows bent.  
2 - Push up to a straight arm position.  
• Lower your body back to the start position, keep your back flat and your hips in line with your shoulders throughout.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |



1 - Hang from a bar overhead using a wide overhand grip.  
2 - Pull your body up, bending at the elbows until your chin reaches over the bar.  
• Lower back down to where your arms are fully extended.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |



1 - Lie on the floor holding onto a suspended straight bar with one hand and your arm straight.  
2 - Pull your body up to the bar and reach the other hand straight up to the ceiling.  
• Lower your body back to the floor.  
• Complete all reps on one side before switching to the other side.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |



1 - Support your body between dip bars with your arms straight and feet off the floor.  
2 - Lower your body toward the floor, bending at the elbows.  
3 - Push back up to a straight arm position.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |



1 - Place your feet and hands on the floor with your elbows bent and your hips high up into the air.  
2 - Push up to the start position with your arms straight.  
• Bend at the elbows, lowering your head and repeat.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |



• 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.  
2 - Raise one hand up while rotating your body to the same side and look up at your hand.  
• Hold, then lower yourself back to the floor and repeat, twisting up to the other side.

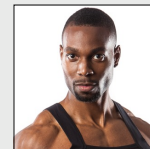
| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |

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# My Respire Fitness Workout

Bootcamp : Workout 2



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- 1 - Prop your body up off the floor on your forearm with your legs straight out on top of one another with your top hand to the side of your head.
- 2 - Lower your top elbow down towards the floor, twisting your torso to this side.
- Twist your torso and raise your elbow back up to the start position and repeat.
  - Complete all reps on one

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1    |      |        |       |
| 2    |      |        |       |
| 3    |      |        |       |
| 4    |      |        |       |
| 5    |      |        |       |
| 6    |      |        |       |