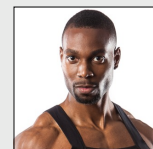




My Respire Fitness Workout

Belly Blaster - Women



#MikeFitCoach



Abs

Target the abdominals, obliques and lower back muscles, helping to develop a strong midsection and chisel a six-pack.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Treadmill Sprint

Cardio

- Start the treadmill for a jog then gradually increase the speed up to your sprint speed.
- Run in an upright position in the middle of the treadmill track swinging your arms by your sides up to about chest height in front and back down to your hip.
- Concentrate on your stride length as well as your stride frequency.

SET 1
INCLINE: 2 TIME: 0:10:00 20 On / 10 Off (*FAFAP)
*As Fast As Possible



Squat Thrusts

Cardio

- 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	30		
2			
3			
4			
5			
6			

Intensity

Reps: 15

Circuits: 3

Load: Bodyweight or Challenging weight for indicated exercises

Rest: 60 secs between circuits

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets.
Use your own bodyweight or a challenging weight as resistance for indicated exercises.



Split Squat Rotation

Legs

- 1 - Stand upright with your feet split front to back holding a dumbbell in both hands at your chest.
- 2 - Lower your body toward the floor, twisting your upper body to one side, bending at the hips and knees with your weight on the front leg.
- 3 - Push off the front foot to return upright and turn your upper body back to face front.

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



Straight Leg Sit Up

Abs

- 1 - Lie on your back with your legs straight holding a dumbbell in both hands at your chest.
- 2 - Lift your upper body completely off the floor, coming upright with your legs straight out in front, keeping the dumbbell at your chest.
- Slowly lower your upper body back to the floor and repeat.

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



Torso Twist

Abs

- 1 - Stand upright holding the ball to one side at shoulder height with your arms extended out to the side.
- 2 - Twist through your mid-section to the opposite side, turning your head and shoulders.

- Alternate sides with each rep.

Equipment Sub: Plate, Dumbbell

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



Roll Out

Abs

- 1 - Support your body with your forearms on the ball, toes on the floor with your legs straight and your chest on your forearms.
- 2 - Push the ball forward, rolling it along your forearms as you extend your arms, keeping your back neutral/flat
- 3 - Pull the ball back in to the start position.

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



Uni Rotational Row

Back

- 1 - Kneel on one knee holding a handle in the hand on the same side with your arm straight and your back flat.
- 2 - Pull the handle straight in to your chest and rotate your upper body up to this side.
- Lower the handle back to a straight arm position and repeat.
- Complete all reps on one side before switching to the

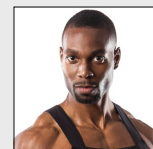
Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			

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- Lie on your back with legs straight out in front, slightly off the floor and your arms by your sides.
- 1 - Raise one leg straight up about 12 inches off the floor.
- 2 - Raise the other leg up about 24 inches off the floor.
- 3 - Continue raising your legs in scissor-like movements until they are straight up.
- Reverse the direction,

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



- Place your hands on a ball with your arms straight and legs straight out behind resting on your toes.
- 1 - Bring one knee in toward the ball, turning your hip out to the side.
- 2 - Straighten this leg and repeat on the other side.
- Keep your body in a push up position throughout.

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



- 1 - Lie on your back with your legs straight up in the air and your hands by your sides.
- 2 - Push your feet up towards the ceiling, raising your hips off the floor.
- Use your abdominal muscles to pull you up and do not push with your hands.
- Lower your hips back to the floor and repeat.

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



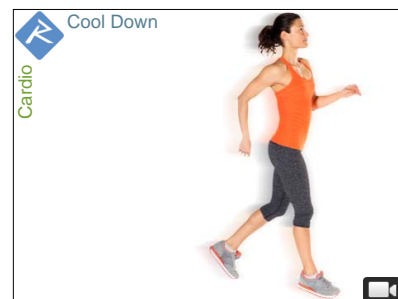
- 1 - Hang from a secure bar overhead with your arms straight and your legs straight out to one side.
- 2 - Raise your legs straight up and over to the other side in a semicircular motion.
- Lower your legs and repeat back to the first side, keeping your arms straight throughout.

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



- 1 - Lie on your back holding a barbell above your chest with your arms straight.
- 2 - Raise your legs straight up, bringing your feet to one side to touch the plate.
- 3 - Lower them back to the floor.
- 4 - Raise them up to touch the other side.
- This is one complete rep.

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



- A cool down allows you some time to reduce your heart rate and core temperature and helps to start the process of recovery.
- Perform a 5 minute cool down at a slow pace, using controlled breathing.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Improve your flexibility, increase joint range of motion, enhance physical performance and reduce the risk of injury.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie face down with a roller at hip level, legs straight with one foot off the floor resting on your forearms.
- 2 - Leaning to the side of the raised leg roll up and down this leg from the top of your hip to your mid-quadr.
- Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
- 2 - Lean your weight into your front foot and raise your back leg, hold at the ankle and draw your heel toward your buttocks.
- Keep the front foot flat throughout.
- Perform on one side, then switch to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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