



My Respire Fitness Workout

Triple Sets - Med Ball



#MikeFitCoach

Intensity			
Reps:	8		
Sets:	3 triple-sets per 3 exercises		
Load:	CHALLENGING weight		
Rest:	60 secs between triple-sets		

Triple Set

Burpee
Cardio

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Turkish Get Up
Full Body

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Shotgun
Abs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Triple Set

Power Jump
Legs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Uni Overhead Toss
Shoulders

Sets	Reps	Weight	Notes
1	8		If without wall/partner, toss up and let ball drop
2	8		If without wall/partner, toss up and let ball drop
3	8		If without wall/partner, toss up and let ball drop
4			
5			
6			

V-Up
Abs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Triple Set

Squat Bounce & Catch
Legs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Lunge & Press
Combo

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Uni Fly Twist
Chest

Sets	Reps	Weight	Notes
1	8		Sub: Sit Up or Toe Touch
2	8		Sub: Sit Up or Toe Touch
3	8		Sub: Sit Up or Toe Touch
4			
5			
6			

Triple Set

Squat Thrust Row
Combo

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Vertical Toss
Shoulders

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

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Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			