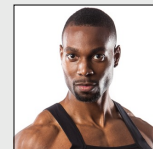




My Respire Fitness Workout

Strength : Workout 1



MikeFitCoach

Intensity

Reps: 15

Circuits: 2

Load: **Bodyweight** or **Challenging** weight for indicated exercises

Rest: 45 secs between circuits

Perform 15 reps each exercise in a circuit, resting 45 seconds between circuits.

Perform 2 full circuits.



- 1 - Lie with the center of your back on the ball, hands at the sides of your head and your feet flat, knees bent.
 - 2 - Lift your head and shoulders off the ball, contracting your abdominal muscles and do not pull your head up with your hands.
- Lower your head and shoulders and repeat.

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



- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
 - 2 - Raise your body off the floor, resting on your forearm and foot.
- Try to keep your body in a straight line and your elbow directly under your shoulder.
 - Hold, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

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



- 1 - Lie on your back with your legs straight and hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
- Try to get your elbows to meet your knees in the middle.
 - Lower your upper body and legs and repeat.

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



- 1 - Hang from a secure bar overhead with your arms and legs straight.
 - 2 - Raise your knees toward your chest, bending at your hips and knees.
- Lower your legs and repeat, keeping your arms straight.

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



- Start in a sit up position with your feet up off the floor, knees bent, holding a medicine ball at chest level.
 - 1 - Twist your torso to one side, lowering the medicine ball towards the ground.
 - 2 - Twist your torso back to the other side, keeping your feet up throughout.
- Alternate sides with each rep.

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



- 1 - Stand upright facing to one side, holding a cable in both hands with your arms straight.
 - 2 - Twist to the opposite side, turning your head and shoulders, keeping your arms straight.
- Twist back to the starting side, allowing only your hips and shoulders to move, keeping your arms straight throughout.

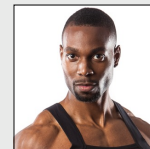
Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			

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My Respire Fitness Workout

Strength : Workout 1



MikeFitCoach



1 - Hold a rope in both hands with your arms straight over one shoulder, kneeling on the outside knee.
2 - Pull the cable down from your shoulder to your opposite hip, twisting your torso to the side.

- Concentrate on moving your hips and shoulders, not your arms.
- Complete all reps on one

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



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	15		
2	15		
3			
4			
5			
6			