



# My Respire Fitness Workout

Strength : Workout 3



# MikeFitCoach

## Intensity

Reps: 12

Sets: 3 sets per exercise

Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 3 sets of 12 repetitions, resting 60 seconds between sets. Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If it's too hard, slightly decrease it.



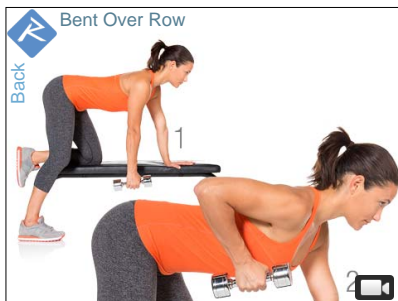
1 - Grasp the bar using a shoulder-width grip with your arms extended straight overhead.  
2 - Pull the bar down in front to the top of your chest, bending at the elbows.  
• Straighten your arms fully, returning the bar to the top position.  
Equipment Sub: Tubing

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



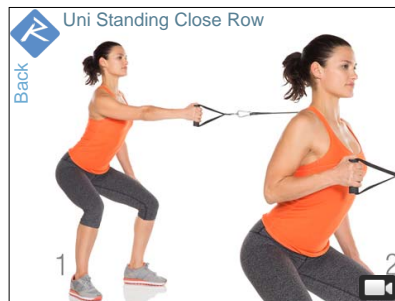
1 - Squat holding one end of a weighted bar between your feet with your arms straight and your back flat  
2 - Pull the bar up to your chest, bending at the elbows.  
• Keep your back flat and in a squat position throughout.  
Equipment Sub: T-Bar Machine

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



1 - Holding a dumbbell in one hand with your arm straight, place the opposite knee and hand on a bench, keeping your back flat.  
2 - Lift the dumbbell up to the side of your chest, bending at your elbow.  
• Lower the dumbbell back to a straight arm position, keeping your back flat throughout.

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



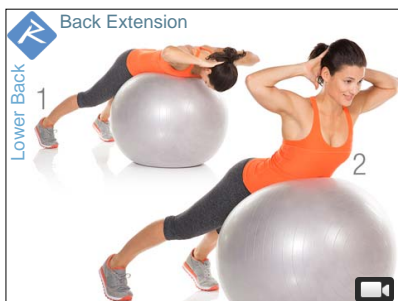
1 - Stand upright holding the handle in one hand with your arm straight out in front, your knees slightly bent and your back flat.  
2 - Pull the handle straight in to your chest.  
• Remain upright throughout and do not sway back and forth.  
• Complete all reps on one side before switching to the

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



1 - Sit upright holding the handle using a wide grip with your arms straight out in front and your back flat.  
2 - Pull your shoulder blades together as much as you can, keeping your arms straight.  
• Remain upright throughout and do not sway back and forth.  
Equipment Sub: Tubing

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



1 - Lie face down with your chest on the ball, your hands at the sides of your head and your legs straight out behind.  
2 - Raise your chest up off the ball coming to an upright position.  
• Do not bounce up and down on the ball as you do each repetition.

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



1 - Start in the top position of a pull up with your chin over the bar, elbows bent.  
2 - Slowly lower your body down to a straight arm position.  
• Jump or use a step to get back up to the top position.

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



1 - Start in the top position of a push up with your hands on dumbbells.  
2 - Raise one dumbbell up to your shoulder, bending at the elbow.  
• Lower this dumbbell and repeat on the other side.  
• Alternate sides with each rep.

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

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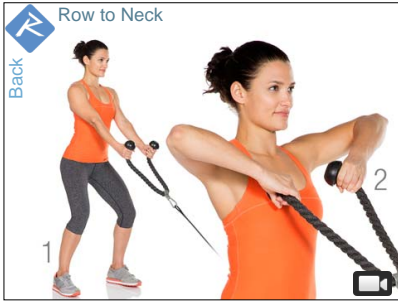


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- 1 - Stand upright holding a rope in both hands with your arms straight out in front.
- 2 - Pull the rope straight up to your neck, bending at the elbows.

• Remain upright throughout and do not sway back and forth.

Equipment Sub: Tubing

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