



My Respire Fitness Workout

Strength : Workout 4



MikeFitCoach

Intensity

Reps: 10

Sets: 10

Load: 50-60% of 1 RM

Rest: 60-90 secs between sets

For each exercise, perform 10 sets of 10 repetitions, resting 60-90 seconds between sets. Use 50-60% of your 1 Rep Max for each exercise. If the weight is too easy, increase it by approx. 5%. If its too hard, decrease it by approx. 5%.



- 1 - Stand upright holding dumbbells by your sides with arms straight.
 - 2 - Take a step forward, dropping your back knee down and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5	10		
6	10		



- 1 - Sit in the leg press machine with your feet shoulder-width apart on the platform.
- 2 - Unlock the carriage and lower the platform down, bending at your hips and knees.
- 3 - Lower down to where your knees are at a 90 degree angle.
- 3 - Extend your legs, pushing

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5	10		
6	10		



- Stand upright with your toes on the edge of the foot bar and your shoulders under the pads.
- 1 - Drop your heels down as far as you can.
- 2 - Raise your heels coming up onto your toes again as high as you can.

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5	10		
6	10		