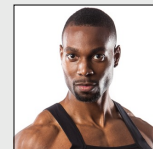




My Respire Fitness Workout

Strike : Workout 1



MikeFitCoach

Intensity

Perform the exercise in each round as a circuit for **1 minute** each



Repeat **3** times

Perform the exercises in each round as a circuit for 1 minute each.

Repeat 3 times.

Round 1

Get ready to perform Round 1.



1 - Stand upright in front of a bench or box holding dumbbells at your shoulders with your palms in and your feet shoulder-width apart.
2 - Squat down to sit on the box, sending your hips back and down and keeping your feet flat.
3 - Push through your heels to return to the start position, keeping your back flat and

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Start in the top of a push up position.
2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
3 - Come to an upright position and jump into the air, raising your arms overhead.
4,5 - Return to the mid position and then jump your feet back out to a straight

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Squat holding a kettlebell in each hand between your legs with your arms straight.
2 - Thrust your hips forward swinging the kettlebells out and up to shoulder height with your arms straight.
• Allow the kettlebells to fall, guiding them back down along the same path and repeat.
• Keep your back flat throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



• Stand upright with your arms by your sides.
1 - Bend forward at the waist and place your hands on the floor in front.
2 - Walk your hands out until your body is straight in the top position of a push up.
3,4 - Perform a push up then walk your hands back in and return to the upright position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Lie on your back with your knees bent and feet on a med ball, placing your hands at your sides.
2 - Raise your hips off the floor, making a straight line from your knees to your shoulders.
• Lower your upper body back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Round 2

Get ready to perform Round 2.



• Stand upright with your hands to the sides of your head.
1 - Bend at the hips and knees into a semi-squat position leaning your torso slightly forward.
2 - Push off your feet, jumping straight up.
3 - Land in semi-squat and repeat the jump.

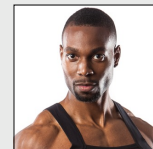
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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My Respire Fitness Workout

Strike : Workout 1



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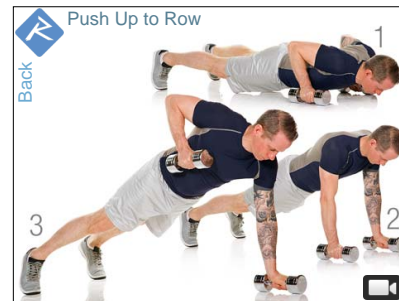
- 1** - Support your body on your toes with one hand on a ball and the other on the floor, elbows bent and your chest nearly touching the ball.
- 2,3** - Push up to a straight arm position and roll the ball across to your other hand.
- 4** - Place your other hand on the ball and lower your body back to the floor.
- Perform one rep on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1** - Stand upright holding dumbbells with your arms straight and your palms facing in.
- 2** - Raise the dumbbells up to shoulder height, bending at the elbows.
- 3** - Press the dumbbells overhead, extending your arms fully and turning your wrists to finish with palms facing forward.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



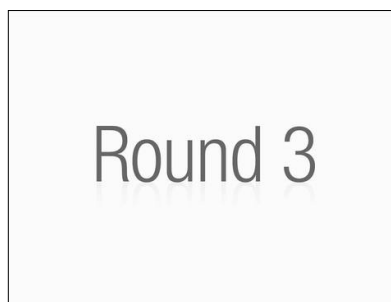
- 1** - Support your body on your toes with your hands on dumbbells, elbows bent, chest close to the floor.
- 2** - Push up to a straight arm position.
- 3** - Raise one dumbbell up to your shoulder, bending your elbow, shifting your weight to the opposite side.
- Lower the dumbbell and your body and repeat on other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1** - Stand upright holding one kettlebell overhead with your arm fully extended.
- 2** - Shift your hips back, rotate your trunk to one side and bend forward at the waist reaching your other hand to the floor.
- 3** - Return upright with the kettlebell overhead throughout.
- Complete all reps on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Get ready to perform Round 3.



- 1** - Stand upright with one foot on a bench behind you holding dumbbells with your arms by your sides.
- 2** - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
- 3** - Push off your front foot to return to the start position.
- Complete all reps on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



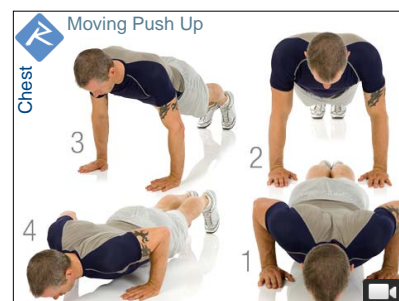
- Stand upright with your feet split front to back with your arms at your sides.
- 1** - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg.
- 2** - Push off the front foot and jump up off the floor, switching your feet in the air.
- 3** - Land in a split squat with the other foot in front and

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1** - Squat holding a kettlebell in one hand between your legs with your arms straight.
- 2** - Thrust your hips forward swinging the kettlebell out and up and then pull it in, catching it at shoulder height, bending at the elbow.
- Absorb the kettlebell at your shoulder by dipping at the hips and knees slightly.
- Complete all reps on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1** - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2** - Push up to a straight arm position.
- 3** - Move your hands about 12 inches to one side.
- 4** - Lower your chest back to the floor.
- Repeat, moving to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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My Respire Fitness Workout

Strike : Workout 1



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1 - Start in a sit up position with your feet off the floor, knees bent, holding a kettlebell at chest level.
2 - Twist your torso to one side swinging the kettlebell to this side.
3 - Twist your torso back to the other side swinging the kettlebell to this side, keeping your feet up and back flat throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			