



My Respire Fitness Workout

Strike : Workout 3



#MikeFitCoach

Intensity

Reps: 10

Sets: 3 sets per exercise

Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 3 sets of 10 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 its too hard, slightly decrease it.



- Legs**
- Stand upright holding dumbbells by your sides with your feet flat, shoulder-width apart.
 - Lower your body toward the floor, sending your hips back and down and bending your knees.
 - Push through your heels to return to the start position.
- Keep your back flat and head up throughout the

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



- Cardio**
- Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
 - Push off your feet, jumping straight up and raising your arms up overhead.
- Land in semi-squat with your arms back by your sides and repeat the jump.

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



- Chest**
- Lie on a flat bench holding the barbell up over chest with your arms straight and hands shoulder-width apart.
 - Lower the barbell down to upper-chest level, bending at the elbows.
 - Press the barbell back up to a straight arm position.
- Equipment Sub: Dumbbells

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



- Chest**
- Stand upright holding the ball at chest level with your elbows bent.
 - Throw the ball out in front to another person or against a wall, extending your arms fully.
- Receive the ball back and repeat.

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



- Back**
- Grasp the handle using a close grip with your arms extended straight overhead.
 - Pull the handle down in front to the top of your chest.
- Straighten your arms completely, returning the handle to the up position.
 - Remain upright throughout and do not sway back and forth.
- Equipment Sub: Tubing

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



- Shoulders**
- Stand upright holding a barbell in front at shoulder height with your elbows bent and palms facing forward.
 - Press the barbell overhead, extending your arms fully.
- Keep your back flat and remain upright throughout the movement.
- Equipment Sub: Dumbbells

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



- Abs**
- Lie on your back with your knees bent and feet flat holding a dumbbell in both hands at your upper chest.
 - Lift your head and shoulders off the floor, keeping your knees bent and feet flat.
- Lower your head and shoulders and repeat.
- Equipment Sub: Plate, Med Ball

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



- Shoulders**
- Stand upright holding the dumbbells in front of your thighs with your arms straight and palms facing back.
 - Raise the dumbbells up in front to shoulder height, keeping your arms straight.
- Lower the dumbbells back to the start position and repeat, keeping your back flat throughout.
- Equipment Sub: Barbell,

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

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Abs

Lying Leg Raise

- 1 - Lie on your back with your legs straight and your hands by your sides.
- 2 - Raise your legs straight up, slightly lifting your lower back off the floor.

- Slowly lower your legs to tap your heels on the floor and repeat.
- Keep your upper body stable and your legs straight throughout the movement.

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



Triceps

Dip

- 1 - Support your body between dip bars with your arms straight and feet off the floor.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push back up to a straight arm position.

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



Abs

Hanging Knee Raise

- 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	10		
2	10		
3	10		
4			
5			
6			



Abs

Bicycle Crunch

- 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	10		
2	10		
3	10		
4			
5			
6			