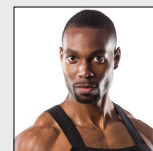




# My Respire Fitness Workout

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 it's too hard, slightly decrease it.



- 1 - Lie on a flat bench holding the barbell up over chest with your arms straight and hands shoulder-width apart.
- 2 - Lower the barbell down to upper-chest level, bending at the elbows.
- 3 - 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			



- 1 - Stand upright holding a barbell in front at shoulder height with your elbows bent and palms facing forward.
- 2 - Press the barbell overhead, extending your arms fully.

• Keep your back flat and remain upright throughout the movement.

Equipment Sub: Dumbbells

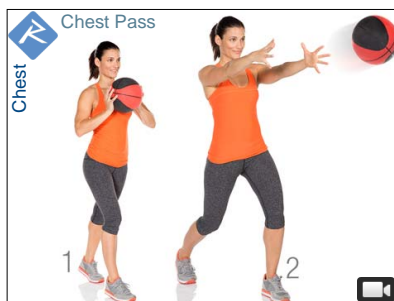
Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			



- 1 - Stand upright holding dumbbells by your sides with your feet flat, shoulder-width apart.
- 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
- 3 - 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			



- 1 - Stand upright holding the ball at chest level with your elbows bent.
- 2 - 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			

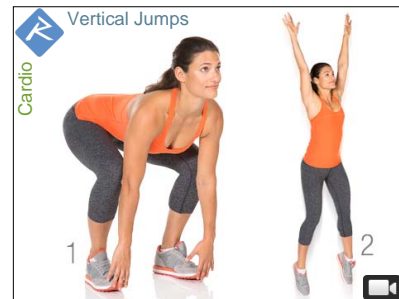


- 1 - Lie on your back with your knees bent and feet flat holding a dumbbell in both hands at your upper chest.
- 2 - Lift your head and shoulders off the floor, keeping your knees bent and feet flat.

• 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			



- 1 - Stand upright with your arms by your sides.
- 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 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			



- 1 - Grasp the handle using a close grip with your arms extended straight overhead.
- 2 - 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			



- 1 - Stand upright holding the dumbbells in front of your thighs with your arms straight and palms facing back.
- 2 - 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,

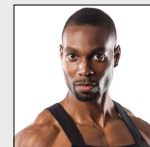
Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

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# My Respire Fitness Workout

Strike : Workout 3



# MikeFitCoach



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



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



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



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