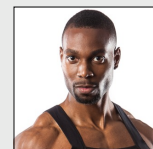




My Respire Fitness Workout

Base : Workout 3



MikeFitCoach



- Jog in an upright position in the middle of the treadmill track, swinging your arms by your sides.
- Concentrate on your stride length as well as your stride frequency.
- Your hands should swing up to about chest height in front to down by your hip.

SET 1
INCLINE: 1 TIME: 0:45:00 Moderate Pace

Intensity

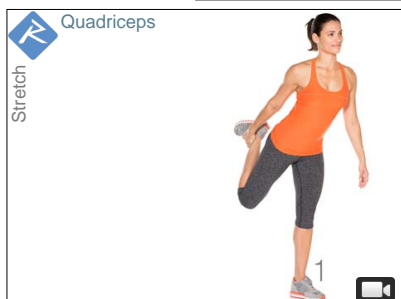
- > Perform each stretch **3** times
- > **Gently** ease into position
- > Hold for **10** seconds
- > **Do not** go beyond your limit

Perform each stretch three times.
Gently ease into the stretch, slowly going as far as you can without causing discomfort or pain. Be careful not to go beyond your limit and avoid bouncing up and down or jerky movements. Hold each stretch for up to 10 seconds. Be sure to breathe normally, do not hold your breath.



- Stand upright with your toes of one foot on a step or elevated against a wall or block.
- 1- Lean your weight forward, dropping your heel and pushing into your foot.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



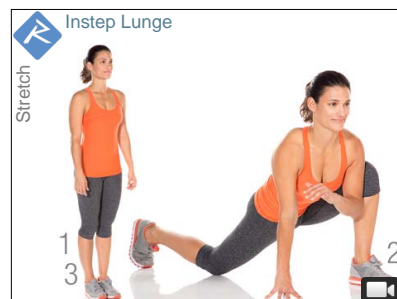
- Stand upright on one leg, bending the other knee and bringing your heel to your buttocks.
- 1 - Grasp your foot with one hand and gently pull it further towards your buttocks for a deeper stretch.
- Hold onto something stable to maintain your balance if necessary.
- Perform on one side, then

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



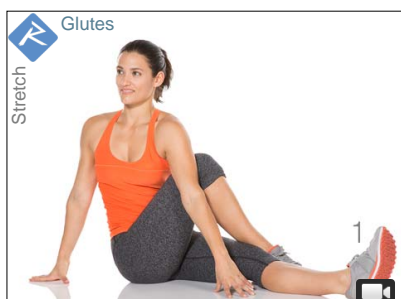
- Stand upright with your feet close together and your hands by your sides.
- 1 - Step one foot across the other, crossing at the ankles.
- 2 - Lean your weight into your back hip and your upper body to the opposite side.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



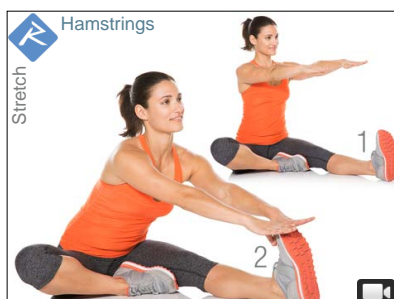
- 1 - Stand upright with your arms by your sides.
- 2 - Take a step forward, dropping your back knee to the floor and leaning your torso forward, reaching your elbow inside your front leg and placing your opposite hand on the floor.
- 3 - Push off your front foot to return to the start position and repeat on the opposite side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



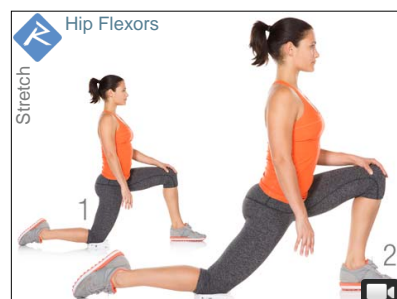
- Sit on the floor with one leg straight and the other bent with your foot crossed over to the outside of the straight leg.
- Place your opposite elbow on the outside of the bent knee, turning your torso.
- 1 - Gently pull your knee across your body with your elbow as you look to the other side.
- Perform on one side, then

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit upright with both legs straight out in front.
- 1 - Bend one knee and bring the sole of your foot into the opposite thigh and raise your arms straight up in front.
- 2 - Reach forward towards your toes, keeping your arms and one leg straight.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Place one knee on the floor and step forward with the other foot into a lunge.
- 2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
- Keep the front foot flat throughout.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

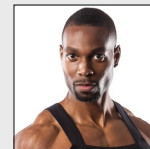
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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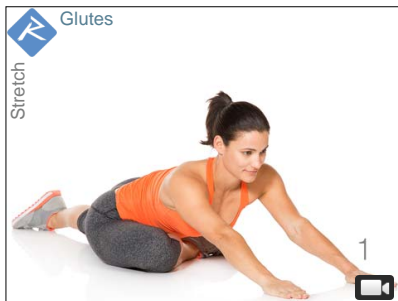


My Respire Fitness Workout

Base : Workout 3



MikeFitCoach



• Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.
1 - Lean your upper body forward, gently pushing your hip into floor.
• Perform on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			