



My Respire Fitness Workout

Base : Workout 4



MikeFitCoach

Intensity

Reps: 12

Sets: 3 sets per exercise

Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 3 sets of 12 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

1 - Stand upright holding dumbbells at your sides with the ball positioned in your low back level against a wall.
2 - Squat down, lowering your body towards the floor and roll your back along the ball.
3 - Push up through your heels and return to the start position.

Equipment Sub: Plates, Kettlebells

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Chest

1 - Lie with your upper back on the ball holding dumbbells at shoulder level, elbows bent.
2 - Press the dumbbells up until your arms are straight over your chest.

- Lower the dumbbells back to shoulder level, keeping your hips in line with your shoulders.

Equipment Sub: Barbell

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Back

1 - Lie face down on the ball holding dumbbells by your sides with your arms straight and your palms facing in.
2 - Lift the dumbbells up to your chest, bending your elbows straight back close to your sides.

- Squeeze your shoulder blades together at the top, then lower the dumbbells back to the start position and

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Shoulders

1 - Sit upright on the ball holding dumbbells at shoulder height with your elbows bent and your palms facing forward.
2 - Press the dumbbells overhead, extending your arms fully.

- Remain upright on the ball and do not bounce.

Equipment Sub: Barbell

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Legs

1 - Start in a squat position holding the ball at waist height in front of you.
2 - Stand upright and lift the ball overhead until your arms are completely straight.

- Lower the ball back in front, returning to a squat position.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Biceps

1 - Sit on the ball holding dumbbells with your arms extended by your sides and your palms facing in.
2 - Raise the dumbbells up to shoulder level, twisting at the wrists, finishing with your palms facing back.

- Turn at your wrists as you raise the dumbbells.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Shoulders

1 - Lean with your forearms on a Swiss ball against a wall at chest height.
2 - Roll the ball up the wall, extending your arms overhead fully.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



Triceps

1 - Sit upright on the ball holding a dumbbell in one hand behind your head with your elbow bent.
2 - Raise the dumbbell up overhead, extending your arm fully, keeping your shoulder steady.

- Complete all reps on one side before switching to the other side.

Equipment Sub: Plate

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			

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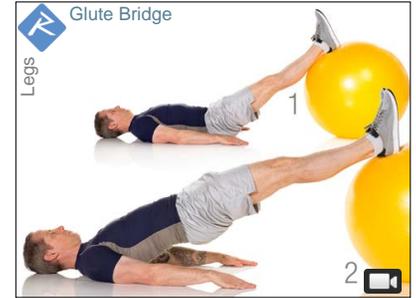
1 - Lie on your back with your knees bent and your heels on the ball, placing your hands at the sides of your head.
2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
• Do not pull your head up with your hands.
• Lower your head and shoulders and repeat.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



1 - Lie face down on the ball with your hands and feet touching the floor.
2 - Raise one arm and the opposite leg straight up, making a straight line.
3 - Lower both and repeat with the other arm and leg.
• Alternate sides with each rep.

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			



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

Sets	Reps	Weight	Notes
1	12		
2	12		
3	12		
4			
5			
6			