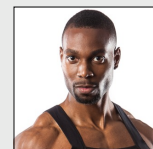




My Respire Fitness Workout

Bootcamp : Workout 3



MikeFitCoach

Intensity

Perform the exercises for **1 minute** each as a circuit

Do **2** circuits

Perform each exercise in a circuit for 1 minute each, resting for 60 seconds at the end of the circuit.
Perform 2 full circuits.

Jump Rope



- Stand upright holding the handles with your arms by your sides and the rope behind you.
- 1 - Swing your arms straight back and up overhead, then down in front in a big circle.
- As the rope comes down in front, jump to allow it to clear your feet.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Squat



- 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			
2			
3			
4			
5			
6			

Close Grip Floor Press



- 1 - Lie on the floor holding dumbbells at shoulder level with your elbows bent and your palms facing in.
- 2 - Press the dumbbells straight up over your chest, keeping your palms facing in.
- Lower the dumbbells back to shoulder level and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Curl & Press



- 1 - Stand holding dumbbells with your arms straight by your sides.
- 2 - Raise the dumbbells up to shoulder height, bending at the elbows.
- 3 - Press the dumbbells overhead, extending your arms fully.
- Lower the dumbbells back to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Alternating V-Up



- 1 - Lie on your back with your legs straight and your arms stretched out overhead.
- 2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.
- Lower both and repeat using the opposite arm and leg.
- Perform one rep on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Jump Rope



- Stand upright holding the handles with your arms by your sides and the rope behind you.
- 1 - Swing your arms straight back and up overhead, then down in front in a big circle.
- As the rope comes down in front, jump to allow it to clear your feet.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Anterior Lateral Step Up



- 1 - Stand to the side of a bench with one foot on the bench slightly in front holding dumbbells by your sides.
- 2 - Push down on top foot, stepping up and laterally onto the bench.
- Step down and back with the outside foot, keeping the other on the bench.
- Complete all reps on one side before switching to the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Push Up to T



- 1 - Support your body on your toes and your hands holding dumbbells on the floor, elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.
- 3 - Raise one dumbbell to the ceiling while rotating your body to the same side and look up at your hand.
- Lower your body back to the

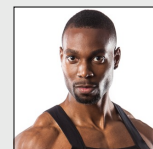
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

This PDF/printout was generated using **Respire Fitness**. Get access at <http://web.pumpone.com/temp/respirefitness.html>.



My Respire Fitness Workout

Bootcamp : Workout 3



MikeFitCoach



Back

1 - Holding a dumbbell in one hand with your arm straight, place the opposite knee and hand on a bench, keeping your back flat.
2 - Lift the dumbbell up to the side of your chest, bending at your elbow.
• Lower the dumbbell back to a straight arm position, keeping your back flat throughout.

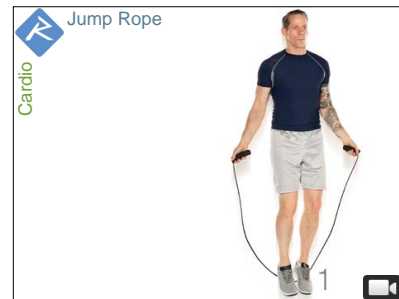
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Abs

1 - Stand upright holding one dumbbell to one side, bend over to that side.
2 - Bend to the opposite side, moving through your midsection.
• Complete all reps on one side before switching to the other side.
Equipment Sub: Plate

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Cardio

• Stand upright holding the handles with your arms by your sides and the rope behind you.
1 - Swing your arms straight back and up overhead, then down in front in a big circle.
• As the rope comes down in front, jump to allow it to clear your feet.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Legs

1 - Stand upright holding the dumbbells by your sides with your arms straight.
2 - Step laterally to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
• Keep your trailing leg straight.
3 - Push off your outside foot to return to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Shoulders

• Stand upright holding dumbbells at shoulder height with your elbows bent and palms forward.
1 - Bend your hips and knees slightly.
2 - Quickly thrust the dumbbells overhead, extending your arms and legs.
• Keep your back flat throughout the movement.
Equipment Sub: Barbell

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Chest

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			



Abs

1 - Lie on your back with your knees bent and feet raised, holding a dumbbell up over your chest with your arms straight.
2 - Lift your head and shoulders off the floor, keeping your feet raised and arms straight.
• Lower your head and shoulders and repeat.
Equipment Sub: Plate, Med

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

This PDF/printout was generated using **Respire Fitness**. Get access at <http://web.pumpone.com/temp/respirefitness.html>.