



# My Respire Fitness Workout

Bootcamp : 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.



**Box Jump**

Legs

- Stand upright facing a box or step with your arms by your sides.
- 1 - Dip at the hips and knees into a semi-squat and jump onto the box, driving up with your legs and arms.
- 2 - Land on the box with both feet and dip at the hips and knees to absorb the impact.
- Step off the box and repeat.

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



**Push Press**

Shoulders

- 1 - Stand upright holding the barbell in front at shoulder height with your hands shoulder-width apart, elbows bent and your palms facing forward.
- 2 - Bend your hips and knees slightly and then quickly thrust the barbell overhead, extending your arms and legs fully.
- Keep your back flat

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



**Step Up**

Legs

- 1 - Stand upright with one foot on a bench, holding the dumbbells by your sides with your arms straight.
- 2 - Step up onto the bench, pushing down on your front foot.
- Step down off the bench onto the back foot and repeat.
- Complete all reps on one side before switching to the other side.

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



**Pull Up**

Back

- 1 - Hang from a bar overhead using a wide overhand grip.
- 2 - Pull your body up, bending at the elbows until your chin reaches over the bar.
- Lower back down to where your arms are fully extended.

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



**Swing**

Full Body

- 1 - Squat holding a dumbbell in both hands between your legs with your arms straight.
- 2 - Thrust your hips forward, swinging the dumbbell out and up overhead with your arms straight.
- Guide the dumbbell back down along the same path and repeat.
- Equipment Sub: Plate, Kettlebell

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



**Burpee**

Cardio

- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight

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



**Hanging Knee Raise**

Abs

- 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	12		
2	12		
3	12		
4			
5			
6			



**Goblet Squat**

Legs

- 1 - Stand upright holding one dumbbell in both hands at chest height 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, keeping your back flat and head up throughout the

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

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- 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	12		
2	12		
3	12		
4			
5			
6			



- 1 - Start in a squat position holding the ball at your upper chest, just below your chin.
- 2 - Pushing off your feet, extend your legs and arms and throw the ball up overhead.
- 3 - Catch and absorb the ball, lowering yourself into a squat and repeat the throw.

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



- 1 - Lie face down with your chest on the ball, your hands at the sides of your head and your legs straight out behind.
  - 2 - Raise your chest up off the ball coming to an upright position.
- Do not to bounce up and down on the ball as you do each repetition.

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



- 1 - Lie on your back with your legs straight and your arms stretched out overhead.
  - 2 - Raise your legs straight up while also lifting your upper body off the floor and reach your hands toward your feet, keeping both your arms and legs straight.
- Slowly lower your upper body and legs back to the floor and repeat, keeping the

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