



My Respire Fitness Workout

Triple Sets - Med Ball



#MikeFitCoach

Intensity

Reps: 8

Sets: 3 triple-sets per 3 exercises

Load: **CHALLENGING** weight

Rest: 60 secs between triple-sets

Triple Set

Burpee

Cardio

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Turkish Get Up

Full Body

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Shotgun

Abs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Triple Set

Power Jump

Legs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Uni Overhead Toss

Shoulders

Sets	Reps	Weight	Notes
1	8		If without wall/partner, toss up and let ball drop
2	8		If without wall/partner, toss up and let ball drop
3	8		If without wall/partner, toss up and let ball drop
4			
5			
6			

V-Up

Abs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Triple Set

Squat Bounce & Catch

Legs

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Lunge & Press

Combo

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Uni Fly Twist

Chest

Sets	Reps	Weight	Notes
1	8		Sub: Sit Up or Toe Touch
2	8		Sub: Sit Up or Toe Touch
3	8		Sub: Sit Up or Toe Touch
4			
5			
6			

Triple Set

Squat Thrust Row

Combo

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

Vertical Toss

Shoulders

Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			

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Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			