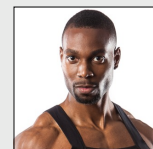




# My Respire Fitness Workout

Strength : Workout 2



# MikeFitCoach

## Intensity

Reps: 10

Sets: 4 supersets per pair

Load: CHALLENGING weight

Rest: 60 secs between supersets

Perform two exercises back to back to complete a superset. Perform each superset 4 times for 10 repetitions per exercise, resting 60 seconds between supersets. 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.

## Superset

Perform two exercises back to back, then rest. This is one superset.



1 - Lie on an incline bench holding a barbell up over your chest with your arms straight and hands shoulder-width apart.  
2 - Lower the barbell down to your upper-chest level.  
3 - Press the barbell back up over your chest to a straight arm position.  
Equipment Sub: Dumbbells

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5			
6			



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.  
• Lower your body back to the start position and repeat.  
• Keep your back flat and your hips in line with your shoulders throughout.

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5			
6			

## Superset

Perform two exercises back to back, then rest. This is one superset.



1 - Lie on a bench with the dumbbells at shoulder level, elbows bent.  
2 - Press the dumbbells straight up over your chest, turning at the wrists until your arms are straight and your palms facing out.  
• Lower the dumbbells back to shoulder level and repeat.  
Equipment Sub: Kettlebells

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5			
6			



1 - Stand upright holding the handles with your arms straight out to the side at shoulder height.  
2 - Pull the handles together until they meet in the middle in front of your chest.  
• Try to keep your arms straight throughout or use a slight bend at the elbows.

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5			
6			

## Superset

Perform two exercises back to back, then rest. This is one superset.



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.  
Equipment Sub: Kettlebells

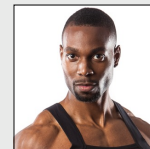
Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4	10		
5			
6			

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# My Respire Fitness Workout

Strength : Workout 2



# MikeFitCoach



- 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	10		
2	10		
3	10		
4	10		
5			
6			