

My Respire Fitness Workout Strength : Workout 4



Intensity Reps: 10 Sets: 10 Load: 50-60% of 1 RM Rest: 60-90 secs between sets

For each exercise, perform 10 sets of 10 repetitions, resting 60-90 seconds between sets.

Use 50-60% of your 1 Rep Max for each exercise. If the weight is too easy, increase it by approx. 5%. If its too hard, decrease it by approx. 5%.



1 - Stand upright hole dumbbells by your si arms straight. 2 - Take a step forwa dropping your back k down and leaning yo slightly forward with weight on your front 3 - Push off your from return to the start pos · Complete all reps on one

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lding	Sets	Reps	Weight	Notes	
ides with	1	10			
ard,	2	10			
knee our torso	3	10			
your leg.	4	10			
nt foot to sition.	5	10			
SILIUII.					

side before switching to the

2					× ·
1 - Sit in the leg press	Sets	Reps	Weight	Notes	
machine with your feet	1	10			
shoulder-width apart on the					
shoulder-width apart on the platform.	2	10			
shoulder-width apart on the	<u> </u>	10 10			
shoulder-width apart on the platform. 2 - Unlock the carriage and	2				
shoulder-width apart on the platform. 2 - Unlock the carriage and lower the platform down, bending at your hips and	2	10			

Standing Calf Raise Legs · Stand upright with your toes

6 10

on the edge of the foot bar and your shoulders under the pads. 1 - Drop your heels down as far as you can. 2 - Raise your heels coming up onto your toes again as high as you can.

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

6 10

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