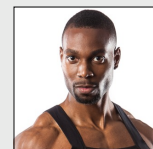




My Respire Fitness Workout

Strike : Workout 4



MikeFitCoach

Intensity

Reps: 15

Circuits: 2

Load: BODYWEIGHT

Rest: 60 secs between circuits

Perform 15 reps of each exercise in a circuit, resting 60 seconds between circuits.

Perform 2 full circuits.



• 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	15		Double Unders Sub: 30 Single
2	15		Double Unders Sub: 30 Single
3			
4			
5			
6			



• Wrap tubing around your upper back and hold the ends in your hands in front at shoulder height.
1 - Punch one arm straight out in front, twisting your torso slightly.
2 - Punch the other arm straight out in front.
• Alternate punching your hands in and out.

Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			



1 - Stand upright with one foot on a step with your arms at your sides.
2 - Push off the top foot and drive up with your arms, coming up off the step and switching your feet in the air.
3 - Land with the other foot on the step.

Sets	Reps	Weight	Notes
1	50		
2	50		
3			
4			
5			
6			



• Wrap tubing around your upper back and hold the ends in your hands in front at shoulder height.
1 - Punch one arm straight out in front, twisting your torso slightly.
2 - Punch the other arm straight out in front.
• Alternate punching your hands in and out.

Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			



1 - Support your body on your toes and hands with one hand on a box or step, your elbows bent and your chest nearly touching the floor.
2 - Push up to a straight arm position.
3 - Move your hand from the floor to the box so both hands are on the box.
4 - Move the first hand that was on the box to floor on the

Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			



1 - Stand upright with one heel off the floor and your hands together at your chest, elbows bent.
2,3 - Raise the leg with the heel of the floor, straight up and out in front, kicking as high as possible.
• Touch your toe back to the floor and rapidly repeat the kick.
• Complete all reps on one

Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			



1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
3 - Jump your feet back out to a straight position.

Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			



1 - Stand upright with one heel off the floor and your hands together at your chest, elbows bent.
2,3 - Raise the leg with the heel of the floor, straight up and out in front, kicking as high as possible.
• Touch your toe back to the floor and rapidly repeat the kick.
• Complete all reps on one

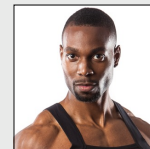
Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			

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My Respire Fitness Workout

Strike : Workout 4



MikeFitCoach



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

Sets	Reps	Weight	Notes
1	15		
2	15		
3			
4			
5			
6			



- 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	15		Double Unders Sub: 30 Single
2	15		Double Unders Sub: 30 Single
3			
4			
5			
6			