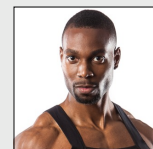




My Respire Fitness Workout

Base : Workout 1



MikeFitCoach

Intensity

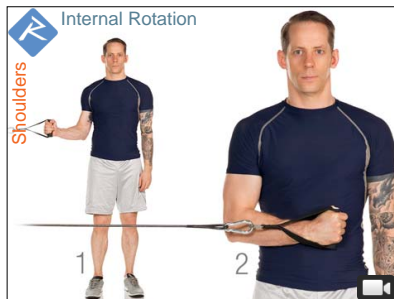
Reps: 10

Sets: 1 set per exercise

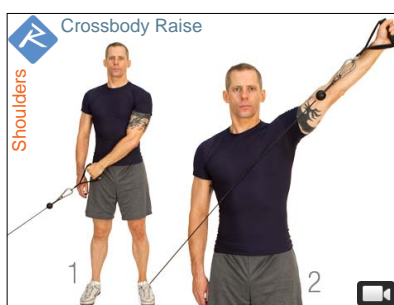
Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 1 set of 10 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.



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



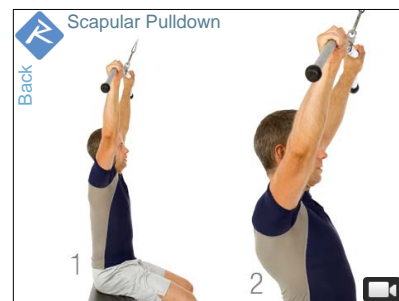
| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | 10 | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |



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



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



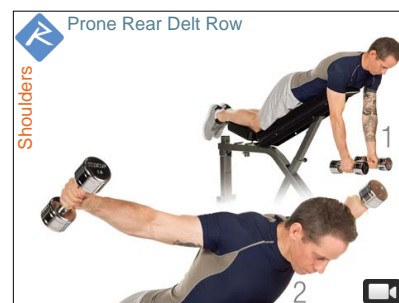
| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | 10 | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |



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



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



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

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