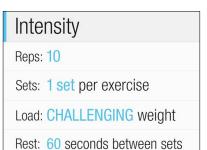


My Respire Fitness Workout

Base: Workout 1



MikeFitCoach



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.



			33	0
1 - Lie face down on an incline	Sets	Reps	Weight	Notes
bench with dumbbells hanging at your sides, arms straight	1	10		
and your palms facing back.	2			
2 - Lift the dumbbells up to where your upper arms are	3			
parallel to the floor, elbows out to your sides.	4			
3 - Rotate at the shoulders, raising the dumbbells forward	5			
and up until your palms face	6			
the floor.		•		



1 - Sit upright holding the	Sets	Reps	Weight	Notes
nandle using a wide grip with your arms straight out in front - and your back flat. 2 - Pull your shoulder blades ogether as much as you can, keeping your arms straight. • Remain upright throughout and do not sway back and orth	1	10		
	2			
	3			
	4			
	5			
Equipment Sub: Tubing	6			



		- 10	
1 - Stand upright holding a	Sets	Reps	W
cable out to the side with your elbow at 90 degrees and your	1	10	
upper arm against your side.	2		
2 - Pull the cable across your mid-section, keeping your	3		
elbow at 90 degrees and your upper arm against your side.	4		
Complete all reps on one side before switching to the	5		
other side.	6		
Equipment Sub: Tubing			



		W.	15	NO THE	1
ı	1 - Stand upright holding a handle at one side in the opposite hand with the arm	Sets	Reps	Weight	Notes
		1	10		
	across your body at waist	2			
	height. 2 - Raise the handle	3			
	diagonally up and across your body, keeping your arms	4			
	straight. • Finish with arm fully	5			
	extended up over the	6			
	shoulder.				



1 = = =			2	
1 - Stand upright holding the	Sets	Reps	Weight	Notes
dumbbells at your thighs with your arms straight and palms	1	10		
facing back.	2			
 2 - Raise the dumbbells up and out in front to shoulder height at a 45 degree angle, keeping your arms straight. The movement is half way between a front raise and a 	3			
	4			
	5			
lateral raise.	6			
Equipment Sub: Plates				



I - Lie on your side propped	Sets	Reps
up on one arm holding a dumbbell in the other hand	1	10
vith your elbow bent at 90	2	
degree and your forearm across your midsection.	3	
2 - Raise the dumbbell up and away from your body, rotating	4	
at the shoulder and keeping		
our upper arm against your	6	
side.		



			111111	
- Grasp the bar using a houlder-width grip with your ms extended straight verhead Pull your shoulder blades own as far as you can, eeping your arms straight. Stay upright and do not sway ack and forth. equipment Sub: Tubing	Sets	Reps	Weight	Notes
	1	10		
	2			
	3			
	4			
	5			
	6			



1 - Lie face down on an incline	Sets	Reps	Weight	Notes
bench holding dumbbells at	1	10		
your sides, arms straight and				
palms facing in.	2			
2 - Lift the dumbbells up and	3			
outward to shoulder height,	ು			
keeping your arms straight.	4			
 Lower the dumbbells back 	4			
down to the start position	5			
again with your arms straight.				
Equipment Sub: Plates	6			

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