## R

## **My Respire Fitness Workout**

Triple Sets - Med Ball



# MikeFitCoach

## Intensity

Reps: 8

Sets: 3 triple-sets per 3 exercises

Load: CHALLENGING weight

Rest: 60 secs between triple-sets

Triple Set



		A STATE OF THE PARTY OF THE PAR	
Sets	Reps	Weight	Notes
1	8		
2	8		
3	8		
4			
5			
6			





Triple Set



3

4

Sets	Reps	Weight	Notes
1	8		If without wall/partner, toss up and let ball drop
2	8		If without wall/partner, toss up and let ball drop
3	8		If without wall/partner, toss up and let ball drop
4			
5			









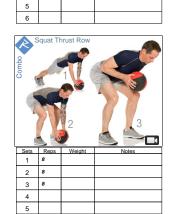


5



Sets	Reps	Weight	Notes
1	8		Sub: Sit Up or Toe Touch
2	8		Sub: Sit Up or Toe Touch
3	8		Sub: Sit Up or Toe Touch
4			
5			
6			

Triple Set







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1	8		
2	8		
3	8		
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