



# My Respire Fitness Workout

Strike : Workout 2



#MikeFitCoach

## Intensity

Reps: 15

Circuits: 3

Load: **Bodyweight** or **Challenging** weight for indicated exercises

Rest: **60 secs** between circuits

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets. Use your own bodyweight or a challenging weight as resistance for indicated exercises.



**Jump Rope**

• 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			
2			
3			
4			
5			
6			



**Burpee**

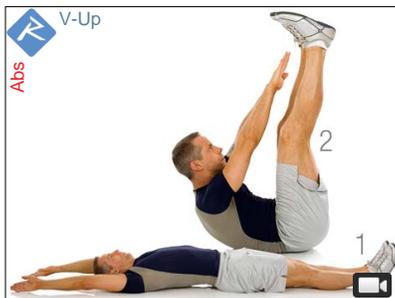
1 - Start in the top of a push up position.

2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.

3 - Come to an upright position and jump into the air, raising your arms overhead.

4,5 - Return to the mid position and then jump your feet back out to a straight

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



**V-Up**

1 - Lie on your back with your legs straight and your arms stretched out overhead.

2 - Raise your legs straight up while also lifting your upper body off the floor and reach your hands toward your feet, keeping both your arms and legs straight.

• Slowly lower your upper body and legs back to the floor and repeat, keeping the

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



**Hanging Side Knee Raise**

1 - Hang from a secure bar overhead with your arms and legs straight.

2 - Raise your knees toward your chest, bending at your hips and knees and twist to one side.

• Lower your legs and repeat to the other side, keeping your arms straight and try not to swing back and forth.

• Alternate sides with each

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



**Jump Rope**

• 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			
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4			
5			
6			



**Mountain Climber**

1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.

2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

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



**Decline Sit Up**

1 - Lie on a decline bench with your feet secured holding a medicine ball overhead with your arms straight.

2 - Lift your upper body completely off the bench to a full upright position, bringing your arms straight out in front.

• Be sure to use controlled movements and do not throw yourself up off the bench.

Equipment Sub: Dumbbell.

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



**Russian Twist**

• Start in a sit up position with your feet off the floor, knees bent, holding a medicine ball at chest level.

1 - Twist your torso to one side, lowering the medicine ball towards the ground.

2 - Twist your torso back to the other side, keeping your feet up throughout.

• Alternate sides with each rep.

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

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**Cardio**

1 - Stand upright with one foot on a bench to one side and your arms by your sides.  
 2 - Step both feet up onto the bench then one down the other side to the floor.  
 • Repeat back and forth up and over the bench, alternating with one foot on the bench and one on the floor.

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



**Lower Back**

• Support your body off the floor, resting on your toes and forearms.  
 1 - Raise one arm and the opposite leg straight up about 18 inches off the floor.  
 2 - Hold briefly, then lower yourself back to the floor and repeat with the other arm and opposite leg.  
 • Alternate sides with each rep.

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



**Abs**

• Sit with your feet raised off the floor and knees bent holding a ball at chest height.  
 1 - Twist your torso and the ball to one side, bringing one knee towards your chest and your opposite elbow to meet it.  
 2 - Twist to the opposite side using your other knee and elbow.

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



**Cardio**

• 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			
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3			
4			
5			
6			