



# RESPECT PROGRAM for WOMAN

## JUNE PROGRAM

- Choose 'YOUR' most fitting weight.
- Check out the correct form via the weblink.

#	Exercise	Reps	Sets	Rest
1	DB Squat press	10	3	10
2	Single Leg Press	6L/6R	3	30
3	Lunges Lat Raises	6L6R	3	30
4	Side Squats	14	3	30
5	DB Print Raises	8	3	30
6	Prone Alt Rows	14	3	20

#	Exercise	Reps	Sets	Rest
7	DB V Crunches	10	3	15
8	DB Chest/Press	12	3	20
9	DB Rotations	16	3	20
10	Alt Cycle Crunch	20	3	30
11	Alt Hip/Shoulder Press	12	3	30
12	Db Alt Fly/Pullover	16	3	20

## JUNE ACTION

						1 <sup>st</sup>
2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>
16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>
23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>
30 <sup>th</sup>						