



RESPECT PROGRAM

AUGUST SET LIST

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

CIRCUIT-STYLE – COMPLETE THREE SETS

#	Exercise	Reps	Sets	Rest
1	Squat Press	12	1 (3)	10
2	Front Raises	12	1 (3)	10
3	Reverse Lunges	14	1 (3)	10
4	Lat Raises	10	1 (3)	10
5	Bicep/ Arnold Press	10	1 (3)	10

#	Exercise	Reps	Sets	Rest
6	Loaded Crunches	15	1 (3)	10
7	Leg Rotations	16	1 (3)	10
8	Prone Lat Raises	14	1 (3)	10
9	Standing Knee Pulldowns	10	1 (3)	10
10	Standing Twists	20	1 (3)	10

AUGUST ACTION

				1st	2nd	3 rd
4th	5th	6th	7th	8 th	9th	10th
11th	12th	13th	14th	15 th	16th	17th
18th	19th	20th	21st	22 nd	23rd	24th
25th	26th	27th	28th	29 th	30th	31 st