



RESPECT PROGRAM

SEPTEMBER 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	Alt Knee Lift/ Shoulder Press	16	1 (3)	10
2	Rev Lunge/ Shoulder Press	16	1 (3)	10
3	Side Lunge/ Shoulder Press	16	1 (3)	10
4	Squat/ Shoulder Press	10	1 (3)	10
5	Rev Lunge/ Tricep Ext	16	1 (3)	10
6	Rotations/ Calf Raises	16	1 (3)	10

SEPTEMBER ACTION

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