

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

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