

FULL BODY

1

ASPI
BODY
BLITZ



LOWER BODY FOCUS

DAY ONE OR ONE DAY.

THIS IS THE FIRST WORKOUT OF THE MONTH. START OFF STRONG!

ORDER	EXERCISE	SETS & REPS	REST
1	Bodyweight Squats	3 x 20	60 sec
2	Bodyweight Lunges	3 x 10 each	60 sec
3	Glute Bridge	3 x 20	45 sec

CARDIO CIRCUIT

REST 30 SEC BETWEEN ROUNDS

Jumping Jacks	2 x 25
Lunge Jumps	2 x 25 each
Plank	2 x 30 sec



UPPER BODY FOCUS

IT'S TIME FOR YOUR SECOND WORKOUT! REMEMBER TO USE THE MODIFICATIONS LISTED IF YOU NEED THEM AND PUSH AS HARD AS YOU CAN!

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups (from knees if needed)	3 x 12	45 sec
2	Chair Dips (go as low as possible)	3 x 10	45 sec
3	Sit-Up	3 x 20	45 sec

CARDIO CIRCUIT

REST 30 SEC BETWEEN ROUNDS

Mountain Climbers 2 x 20 each

Russian Twist 2 x 20 each

Side Plank 2 x 30 sec each