

FULL BODY

10

ASPI
BODY
BLITZ



LOWER BODY FOCUS

THIS IS GOING TO BE A TOUGH WORKOUT, BUT IT'LL BE WORTH IT!

ORDER	EXERCISE	SETS & REPS	REST
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1	Squat Jumps	3 x 20	45 sec
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2	Reverse Lunges	3 x 15 each	45 sec
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3	Wide-Stance Bodyweight Squats	3 x 20	60 sec
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CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Split Jumps	2 x 25 each
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Jumping Jacks + Squat (squat at the end of each jump)	2 x 25
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Plank	2 x ALAP
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UPPER BODY FOCUS

TIME TO TEST OUT YOUR UPPER BODY STRENGTH!

ORDER

EXERCISE

SETS & REPS

REST

1	Push-Ups (from toes)	3 x AMRAP	60 sec
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2	Chair Dips	3 x AMRAP	60 sec
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3	Soup Can Lateral Raises	3 x AMRAP	45 sec

CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Bicycle Crunches	3 x AMRAP in 30 sec
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Push-Up Shoulder Taps	3 x 10 each
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Plank	3 x 30 sec