

FULL BODY

12

ASPI
*BODY
BLITZ*



CARDIO FOCUS



FIND A SET OF STAIRS FOR THIS ONE. HAVE FUN!

ORDER

EXERCISE

SETS & REPS

REST

1

Stair Runs

3 x 60 sec

120 sec

2

Hands-Elevated
Push-Ups On Stairs

3 x 20

90 sec

3

Stair Jumps

3 x 60 sec

90 sec

ABS CIRCUIT

REST 90 SECONDS BETWEEN ROUNDS

High Knees In Place
(tap toes on steps)

3 x AMRAP
in 30 sec

Mountain Climbers On Stairs

3 x AMRAP
in 30 sec

Hands-Elevated Plank (on stairs)

3 x 30 sec

LOWER BODY FOCUS

IT'S JUST LIKE DAY 19, BUT MORE INTENSE!

ORDER

EXERCISE

SETS & REPS

REST

1

Squat Jumps

3 x 25

45 sec

2

Reverse Lunges

3 x 20 each

45 sec

3

Wide Stance
Bodyweight Squats

3 x 25

60 sec

CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Split Jumps

3 x 25 each

Jumping Jacks + Squat
(squat at end of each jump)

3 x 25

Plank

3 x ALAP