

FULL BODY

13

ASPI
BODY
BLITZ



UPPER BODY FOCUS



BEAT DAY 20'S NUMBERS!

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups (from toes)	3 x AMRAP	60 sec
2	Chair Dips	3 x AMRAP	60 sec
3	Soup Can Lateral Raises	3 x AMRAP	45 sec

CARDIO CIRCUIT

REST 60 SECONDS BETWEEN ROUNDS

Sit-Ups with Twist 3 x 10 each

Seal Jacks 3 x 25

Superman Hold 3 x 30 sec

LOWER BODY FOCUS

NO TIME LIMITS THIS TIME. GIVE IT EVERYTHING YOU'VE GOT!

ORDER	EXERCISE	SETS & REPS	REST
1	Bodyweight Squat	2 x AMRAP	90 sec
2	Glute Bridge	2 x AMRAP	75 sec
3	Walking Lunges	2 x AMRAP	75 sec

CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Running-In-Place High Knees (tap toes on chair now)	3 x 15 each
Split Jumps (go as deep as possible)	3 x 10 each
Side Plank	3 x 40 sec each