

FULL BODY

14

ASPI
BODY
BLITZ





UPPER BODY FOCUS

KEEP PUSHING AS HARD AS POSSIBLE. JUST A LITTLE LONGER THIS TIME!

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups	2 x AMRAP 45 sec	90 sec
2	Chair Dips (top half only)	2 x AMRAP 45 sec	90 sec
3	Alternating Supermans	3 x 12 each	45 sec

CARDIO CIRCUIT

REST 90 SECONDS BETWEEN ROUNDS

Mountain Climbers 3 x AMRAP in 40 sec

Russian Twist 3 x AMRAP in 40 sec

6" Leg Raise Hold 3 x ALAP

CARDIO FOCUS

TIME FOR THE STAIRS AGAIN! YOU'VE GOT THIS!

ORDER	EXERCISE	SETS & REPS	REST
1	Stair Runs	2 x 90 sec	120 sec
2	Hands-Elevated Push-Ups On Stairs	3 x 25	60 sec
3	Stair Hops	2 x 90 sec	90 sec

ABS CIRCUIT

REST 90 SECONDS BETWEEN ROUNDS

High Knees in Place
(tap toes on stairs) 3 x AMRAP in 40 sec

Mountain Climbers
On Stairs 3 x AMRAP in 40 sec

Hands-Elevated Plank
(on stairs) 3 x 40 sec