

FULL BODY

15

ASPI
BODY
BLITZ



LOWER BODY FOCUS

YOU ARE STRONGER THAN YOU THINK. LET'S MAKE IT TOUGH!

ORDER	EXERCISE	SETS & REPS	REST
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1	Squat Jumps	2 x AMRAP 45 sec	90 sec
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2	Reverse Lunges	2 x AMRAP 45 sec	75 sec
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3	Wide Stance Bodyweight Squats	2 x AMRAP 45 sec	75 sec
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CARDIO CIRCUIT

START AT 8 REPS ON EACH AND WORK YOUR WAY TO 1

Jumping Jacks	8, 7, 6... 1
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Split Jump (as deep as possible)	8, 7, 6... 1
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V-Ups	8, 7, 6... 1
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UPPER BODY FOCUS

LAST ARM WORKOUT, LET'S GO!

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

CARDIO CIRCUIT

REST 60 SECONDS BETWEEN ROUNDS

Sit-Ups With Twist	3 x 12 each
Seal Jacks	3 x 25
Superman Hold	3 x 35 sec