

FULL BODY

16

ASPI  
*BODY*  
*BLITZ*



# CARDIO FOCUS

ONE MORE TIME ON THE STAIRS! 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





# LOWER BODY FOCUS

LAST DAY! LET'S MAKE IT TOUGH!

## ORDER

## EXERCISE

## SETS & REPS

## REST

1

Squat Jumps

2 x AMRAP 45 sec

90 sec

2

Reverse Lunges

2 x AMRAP 45 sec

75 sec

3

Wide Stance  
Bodyweight Squats

2 x AMRAP 45 sec

75 sec

## CARDIO CIRCUIT

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

Jumping Jacks

8, 7, 6... 1

Split Jump  
(as deep as possible)

8, 7, 6... 1

V-Ups

8, 7, 6... 1