

FULL BODY

2

ASPI
BODY
BLITZ



CARDIO FOCUS



TODAY IS A CIRCUIT-STYLE WORKOUT. USE WHATEVER ORDER AND REST TIMES YOU NEED TO GET ALL OF THE REPS.

EXERCISE

SETS & REPS

Chair Sit-To-Stand

50 total



Bottom-Start Push-Ups

50 total



Seal Jacks

50 total

ABS CIRCUIT

GET ALL REPS AS FAST AS POSSIBLE

Crunches

50



6" Leg Raises

50



V-Ups

25

LOWER BODY FOCUS

IF YOU CAN'T COMPLETE AN EXERCISE ALL IN ONE GO, TAKE A SMALL BREAK AND KEEP GOING UNTIL YOU DO!

ORDER	EXERCISE	SETS & REPS	REST
1	Wall Sit	3 x 30 sec	60 sec
2	Glute Bridge Hold	3 x 30 sec	60 sec
3	Toe Touch	3 x 20	45 sec

CARDIO CIRCUIT

REST 90 SECONDS BETWEEN ROUNDS

Walking Lunge	2 x AMRAP in 30 sec
Stair Jumps (jump to one step and then step back down)	2 x AMRAP in 30 sec
Sit-Ups	2 x AMRAP in 30 sec