

FULL BODY

3

ASPI  
*BODY  
BLITZ*





# UPPER BODY FOCUS

DON'T FORGET TO SQUEEZE THE MUSCLE AT THE TOP OF THE MOVEMENT.

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups (from knees if needed)	3 x 14	60 sec
2	Shoulder Lateral Raise Hold (can of soup in each hand)	3 x 30 sec	60 sec
3	Chair Dips (top half only for triceps focus)	3 x 15	45 sec

## CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Push-Ups From Knees	40 total
Bicycle Crunches	40 each
Russian Twist	40 each



# LOWER BODY FOCUS

THIS IS YOUR THIRD LOWER BODY WORKOUT. PUSH HARDER THAN THE FIRST TWO!

## ORDER

## EXERCISE

## SETS & REPS

## REST

1

Bodyweight Squat

3 x 25

60 sec

2

Bodyweight Lunges

3 x 12 each

60 sec

3

Glute Bridge

3 x 25

45 sec

## CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Chair/Stair Step-Ups (use appropriate height!)

2 x 15 each

Alternating V-Ups

2 x 15 each

Fire Hydrants

2 x 15 each