

FULL BODY

4

ASPI  
**BODY  
BLITZ**





# UPPER BODY FOCUS

YOU ARE ONE WEEK STRONGER THAN WHEN YOU STARTED.  
KEEP IT UP!

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups (from knees if needed)	3 x 14	45 sec
2	Chair Dips (go as low as possible)	3 x 12	45 sec
3	Sit-Up	3 x 25	45 sec

## CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Mountain Climbers	2 x 25
Russian Twist	2 x 25 each
Plank	2 x 35 sec

# CARDIO FOCUS

SIMILAR TO DAY 3, JUST A LITTLE HARDER. KEEP IT UP!

ORDER	EXERCISE	SETS & REPS	REST
1	Chair Sit-To-Stand	60 total	30 sec
2	Bottom-Start Push-Ups	60 total	30 sec
3	Seal Jacks	60 total	30 sec

## ABS CIRCUIT

GET ALL REPS AS FAST AS POSSIBLE

Crunches	60 total
6" Leg Raises	60 total
V-Ups	30 total