

FULL BODY

5

ASPI
BODY
BLITZ





LOWER BODY FOCUS

TODAY'S WORKOUT IS REALLY GOING TO TEST YOUR BALANCE.
YOU'VE GOT THIS!

ORDER	EXERCISE	SETS & REPS	REST
1	Split Squat (elevate rear foot if possible)	3 x 12 each	45 sec
2	Single-Leg Glute Bridge	3 x 12 each	45 sec
3	Standing Single-Leg Calf Raise	3 x 20 each	30 sec

CARDIO CIRCUIT

REST 90 SECONDS BETWEEN ROUNDS

Walking Lunge 2x AMRAP in 30 sec

Stair Jumps (jump to one step then step back down) 2x AMRAP in 30 sec

Wall Sit 2x ALAP

UPPER BODY FOCUS

WHEN THE GOING GETS TOUGH, THE TOUGH GETS GOING. KEEP IT UP!

ORDER	EXERCISE	SETS & REPS	REST
1	TOP Push-Up Hold	3 x 15 sec	45 sec
2	Shoulder Lateral Raise Hold + Reps	3 x 30 sec + AMRAP	60 sec
3	Chair Dips (go as low as possible)	3 x 15	45 sec

CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Push-Ups From Knees	45 total
Russian Twists	45 total
6" Leg Raise Hold	70 total seconds