

FULL BODY

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ASPI  
*BODY*  
*BLITZ*



# LOWER BODY FOCUS

TODAY'S WORKOUT IS BOTH LOWER BODY AND CARDIO FOCUSED. IT'S GOING TO BE CHALLENGING, BUT KEEP PUSHING!

ORDER	EXERCISE	SETS & REPS	REST
1	Bodyweight Squat (try to go as low as possible!)	3 x 15	60 sec
2	Stair/Chair Step-Ups	3 x 20 each	45 sec
3	Glute Bridge (pause for 2 sec at the top and squeeze)	3 x 15	45 sec

## CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Walking Lunge	2 x AMRAP in 40 sec
Crunches	2 x AMRAP in 40 sec
Glute Bridge Hold	2 x 40 sec

# UPPER BODY FOCUS

KEEP WORKING HARD ON THE PUSH-UPS. THEY WILL GET EASIER!

ORDER	EXERCISE	SETS & REPS	REST
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1	Push-Up Negatives (drop as slow as possible)	3 x 15	45 sec
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2	Chair Dip Negatives (drop as slow as possible)	3 x 5	45 sec
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3	Reverse Crunch	3 x 20	45 sec
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## CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Elevated Push-Ups (hands on chair/table)	2 x 20
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Bicycle Crunch	2 x 25 each
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Plank	2 x 40 sec
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