

FULL BODY

7

ASPI  
*BODY*  
*BLITZ*



# CARDIO FOCUS



TODAY, YOU'RE GOING TO BE CONQUERING A CARDIO CIRCUIT. COMPLETE EACH EXERCISE BACK-TO-BACK, REST FOR 120 SECONDS, AND THEN REPEAT 2 MORE TIMES.

ORDER	EXERCISE	REPS	REST
1	Couch Sit-To-Stand	50	0
2	Wall Push-Ups (don't make these too easy now!)	50	0
3	Squat Jumps	50	120 sec

### ABS CIRCUIT

GET ALL REPS AS FAST AS POSSIBLE!

Straight-Leg Raises	25 total
Fire Hydrants	25 each
Alternating V-Ups	25 each



# LOWER BODY FOCUS

BUILDING ON DAY 9. CAN'T MAKE IT TOO EASY ON YOU!

## ORDER

## EXERCISE

## SETS & REPS

## REST

1

Split Squat (elevate rear foot if possible)

3 x 15 each

45 sec

2

Single-Leg Glute Bridge

3 x 15 each

45 sec

3

Standing Single-Leg Calf Raise

3 x 25 each

30 sec

## CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Split Jumps

2 x 20 each

Jumping Jacks + Squat  
(squat at the end of each jump)

2 x 20

6" Leg Raise Hold

2 x ALAP