

FULL BODY

8

ASPI
**BODY
BLITZ**





UPPER BODY FOCUS

YOU WON'T CHANGE UNLESS YOU CHANGE SOMETHING.
GIVE THIS ALL YOU'VE GOT!

ORDER	EXERCISE	SETS & REPS	REST
1	Bottom-Start Push-Ups	3 x 20	60 sec
2	Top-Half Push-Ups	3 x 10 each	60 sec
3	Top-Half Chair Dips	3 x 15	45 sec

CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Mountain Climbers	2 x 40 each
Bicycle Crunches	2 x 20 each
Alternating Single-Leg Raises	2 x 10 each



LOWER BODY FOCUS

HALFWAY DONE! GREAT WORK!

ORDER	EXERCISE	SETS & REPS	REST
1	Bodyweight Squat (keep going low!)	3 x 20	60 sec
2	Split Squat (rear foot elevated)	3 x 12 each	45 sec
3	Glute Bridge (pause for 2 sec at the top and squeeze!)	3 x 20	45 sec

CARDIO CIRCUIT

REST 60-90 SECONDS BETWEEN ROUNDS

Running in Place (High Knees)	3 x AMRAP in 30 sec
Jumping Jacks	3 x AMRAP in 30 sec
Mountain Climbers	3 x AMRAP in 30 sec