

FULL BODY

9

ASPI  
*BODY*  
*BLITZ*





# UPPER BODY FOCUS

ONE MORE TIME ON THE NEGATIVES. THEY'RE TOUGH, BUT YOU WANT TO SEE PROGRESS, RIGHT?

ORDER	EXERCISE	SETS & REPS	REST
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1	Push-Up Negatives (drop as slow as possible)	3 x 6	45 sec
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2	Chair Dip Negatives (drop as slow as possible)	3 x 6	45 sec
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3	Lying Straight-Leg Raise	3 x 10	45 sec
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## CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Elevated Push-Ups (hands on chair/table)	3 x 20
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Russian Twist	3 x 20 each
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Bird Dog	3 x 10 each
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# CARDIO FOCUS

THIS WILL BE AS EASY OR AS HARD AS YOU MAKE IT.  
MAKE IT HARD! GET BETTER!

## ORDER

## EXERCISE

## SETS & REPS

## REST

1

Couch Sit-To-Stand

60 total

10 sec

2

Wall Push-Ups (don't make  
these too easy now!)

60 total

10 sec

3

Squat Jumps

60 total

60 sec

## ABS CIRCUIT

GET ALL REPS AS FAST AS POSSIBLE

Dead Bug

25 each

Jackknife Crunch

25 each

Alternating V-Ups

25 each