

FULL BODY

11

ASPI
*BODY
BLITZ*





LOWER BODY FOCUS

LET'S PUT YOUR LOWER BODY STRENGTH TO THE TEST!

ORDER	EXERCISE	SETS & REPS	REST
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1	Bodyweight Squat	3 x AMRAP 30 sec	90 sec
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2	Glute Bridge	3 x AMRAP 30 sec	75 sec
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3	Walking Lunges	3 x AMRAP 30 sec	75 sec
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CARDIO CIRCUIT

REST 30 SECONDS BETWEEN ROUNDS

Running-In-Place High Knees	3 x 25 each
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Jumping Jacks	3 x 25
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Mountain Climbers	3 x 50
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UPPER BODY FOCUS

NO MORE NEGATIVES! AND THAT'S A POSITIVE.

ORDER

EXERCISE

SETS & REPS

REST

1

Push-Ups From Knees

3 x AMRAP
30 sec

90 sec

2

Chair Dips (top half only)

3 x AMRAP
30 sec

90 sec

3

Alternating Leg Raise

3 x 12
each

45 sec

CARDIO CIRCUIT

REST 90 SECONDS BETWEEN ROUNDS

Mountain Climbers

3 x AMRAP
in 30 sec

Russian Twist

3 x AMRAP
in 30 sec

Plank

3 x ALAP