



# EXERCISE GUIDE

**ASPI** *BODY BLITZ*

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# EXERCISE GUIDE

In this guide, we're going to cover some of the exercises in the O.K. 32 Workout Program in a little more detail so you know exactly what to do for each one. Some of the exercises in the Workout Program are well-known, so we'll skip those for now to save time for everyone. We'll keep these quick and simple so you can stay on track, but it's worth double-checking that you're doing each exercise correctly and safely. The exercises will be listed in alphabetical order, so look up whatever exercise you're interested in learning more about then get started!

## **6" Leg Raises**

Lie flat on your back with your feet together. Keeping your legs straight and feet together, raise your feet about 6-inches off the ground, pause for a second, then lower them back to the ground. To make these even harder, try to lower your heels to just above the ground—don't let them actually rest on the ground between reps!

\*Hold: Same idea here, but hold the top position for the prescribed time. Keep your legs straight and abs tight!

## **Alternating V-Ups**

Very similar to your normal V-ups, but with these, you're trying to touch your opposite hand to your opposite foot (right hand to left foot and vice versa). Lower back to the ground between each rep, but alternate sides until you get the prescribed reps on each side.

## **Alternating Single-Leg Raise**

Very much like straight-leg raises or alternating V-ups, you'll start by lying on your back and will raise one leg at a time and then slowly lower back to the floor. Keep your leg straight the entire time! For an even greater challenge, keep both of your feet a few inches off the floor the entire time!

## **Bodyweight Squats**

We'll have a few variations of these in the program, but for these you'll start with your feet slightly wider than shoulder-width with your toes slightly pointed out. Push your butt back and sit back and down like you're sitting into a chair. Keep your chest up and eyes forward the entire time. Go as low as you can for each rep—if you can't go super low at first, that's okay! You'll get better.

\*Wide Stance: Same idea, just use a wider stance for these.

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## **Bodyweight Lunges**

We'll have some variations of these, but for normal lunges you're going to start by standing tall with your feet about shoulder-width apart. Step forward with one leg and slowly sit into a lunge position. Keep your chest up at all times and try to keep your hands at your hips—you can use your arms for balance if need be. Sit as low as possible then return to start position. That's one rep on one leg, so make sure to perform the prescribed reps on both legs.

## **Bottom-Start Push-Ups**

These are very similar to normal push-ups but you're starting in the bottom position on the floor. It'll be easiest to start on your knees with these and then you can progress to your toes when you get better at them. Simply perform the "up" portion of a push-up then return to the start position. You don't need to worry about lowering yourself on these because we're just working on the "up" portion!

## **Bicycle Crunches**

Very similar to normal crunches, but with these you'll take your opposite elbow to your opposite knee (right elbow to left knee and vice versa). However, as you take your elbow to the opposite knee, straighten that leg until it's parallel to the floor, then return it to start as you lower your elbow back down. Alternate sides and keep the pace up as you get more comfortable with these—just like riding a bike!

## **Chair Dips**

For these, you'll need a chair—a folding chair or dining chair will work fine. Start with the heel of your palm on the edge of the chair with your arms directly at your sides.

Your legs will be in front of you and you can keep them straight or bent, whatever's comfortable for you. Keeping as much weight as possible on your hands (keep weight on your feet to make these easier), slowly lower yourself by bending your elbows. Go as far as you can and then return to start. As you get better at these you can place more weight on your hands and go lower!

\*Top Half Only: For these, only lower yourself about half the distance you would for a full rep. These will keep more of the effort on your triceps instead of your shoulders.

\*Negatives: Same idea as push-up negatives, lower yourself as slow as possible and as deep as possible; you can use your legs to help push you back into starting position if you need.

## **Chair Sit-to-Stand**

This one is almost as simple as it sounds. Use a folding or dining chair and sit fully in it, then stand back up. Make sure to keep your chest up the entire time and use proper form as if you were performing squats. Do your best to keep your hands off your knees—make your legs do the work!

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## **Chair/Stair Step-Ups**

Start with a stair step and progress to a chair as you get better at these. All we're doing here is stepping on the step and then slowly lowering back to the ground. You can even try 2 stair steps before progressing to a chair—or even a couch or another surface in between. Just make sure to challenge yourself appropriately!

## **Couch Sit-to-Stand**

Just like the Chair Sit-to-Stand, but you're going to a couch now, which should be a little lower and more difficult to stand up from than a chair. Keep perfect squat form for every rep!

## **Crunches**

Crunches mainly differ from sit-ups in that your feet are in the air rather than on the ground. You'll start in the same position, but slightly pull your knees towards your chest so that your feet leave the ground. From here, perform a crunch by trying to bring your shoulders to your knees. Going slower will make these even more difficult, so don't be afraid to take your time on these reps.

## **Fire Hydrants**

You'll start on your hands and knees for these—make sure your torso is parallel to the ground and your belly button is pulled towards your spine. Both legs will be bent 90-degrees at the knee so that your shins are on the ground as well. Start on one side, keeping your knee bent and try to raise your leg as far to the side as possible and squeeze your butt the entire time! Slowly return to start and repeat for reps then switch sides!

## **Glute Bridge**

With glute bridges, you'll start by lying on your back with your heels close to your butt with your feet about hip-width apart. Keep your arms at your side in case you need them to balance. Push your heels into the ground and lift your hips as high as possible for every rep. Squeeze your butt at the top to ensure you get the most out of every rep. If you start to get tired halfway through a set on these, just focus on the top half of the exercise and that's the portion in which the glutes are doing the most work.

\*Hold: For Glute Bridge Holds, simply hold the top position of a glute bridge and squeeze your butt the entire time. Think about always pushing your hips to the ceiling!

\*Single Leg: Same idea, but perform on one leg at a time, keeping the other leg in the air.)

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## **Lunge Jumps**

These will be a frequent addition in cardio circuits as they're quite challenging once you get the hang of them. You'll start in a similar position to your body weight lunge with one foot forward and the other behind you. You don't have to squat down very much with this exercise. The goal is to simply jump high enough that you can switch your feet in the air. As you get the hang of these, try to do these reps as fast as possible!

## **Middle Push-Up Hold**

Just like the Top Push-Up Hold, but lower yourself a little more on these. Get as low as possible and challenge yourself!

## **Mountain Climbers**

For these you'll need some time of shorter surface, like a couch or living room table. Place your hands on the surface and walk your feet out until you have a straight line from heel to head. From this position, perform running steps in which you bring one knee to your chest then return it to the ground. Alternate feet each step until you get the prescribed reps on both feet. Make sure to keep your back flat, chest up, and belly button pulled to your spine the entire time!

## **Plank**

Planks may be a new exercise for some. The idea of a plank is core stability, since the core muscles are responsible for stabilizing the spine. You can perform planks by holding a push-up position or by holding a similar position but resting on your forearms instead of your hands. As you hold this position, think about pulling your belly button to your spine and maintaining a flat line from your heels to your head. Don't let your butt sag or rise as you get tired. If you notice you can't make it the entire time with perfect form, stop and rest for 10-15 seconds, and then keep going until you get the prescribed time.

## **Push-Ups**

Most people are familiar with push-ups but let's go over them just in case. Start with your hands about shoulder-width apart or slightly wider. You can start on your knees to make push-ups a little easier, but the goal is to be able to be up on your toes for push-ups by the end of the program. Keep your belly button pulled towards your spine and a flat line from head to heel, just like in a plank. As you lower yourself down, try to keep your elbows tight to your sides. When you're first starting, lower as far as possible and then return to start. As you get better at these you can start to go lower!

\*Elevated: Normal push-ups but with hands on a chair/table rather than the floor. These will be easier so you can do more reps with a full range of motion!

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\*Negatives: Same idea as a normal push-up, but lower yourself as slow and as deep as possible! You can reset to the top position however you want, you don't have to do a full push-up.

\*Shoulder Taps: Hold push-up position the entire time. Slowly tap your opposite shoulder with the opposite hand (left hand to right shoulder and vice versa). Alternate sides until you get prescribed reps on both sides. Keep your torso square to the ground and try to avoid leaning side-to-side! You can widen your feet out to make these a little easier.

\*Wall: Same idea as elevated push-ups but now you're doing them against a wall. Walk your feet back farther for a greater challenge!

## **Reverse Crunch**

Here you're going to start in a sit-up position, but your torso will stay on the ground this time. For these, you're simply bringing your knees to your chest for each rep. For a greater challenge, start each rep with your legs straight!

## **Reverse Lunges**

Just like a normal lunge, however, you'll step one leg back rather than forward. When you step back, most of your weight will be on your front leg so that will be the working leg for each rep. You might feel these a little more in your butt while the normal lunges might burn in your quads a bit more.

## **Running in Place (High Knees)**

Just like it sounds, you're running in place, but exaggerating getting your knees as high as possible. Perform prescribed reps on each leg and make sure to stand tall and keep your chest up the entire time!

## **Russian Twist**

With these you'll start in a sort-of half sit-up position where your feet are off the ground and you're almost completely sitting up. Essentially, you'll be balancing on your butt! From here, rotate your torso so that you can touch the ground next to one hip with both hands. Then fully rotate to the opposite side so you can touch the ground next to your other hip with both hands. Repeat for prescribed reps on each side! To make these harder you can hold an object like a pillow or even a gallon of milk and work your way to heavier objects like your dog! (Have fun with that one...)

## **Seal Jacks**

These are very similar to the classic Jumping Jack, but with these you'll touch your hands together in front of your chest rather than over your head. Keep your arms straight and maintain the same rhythm you normally would with Jumping Jacks.

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## **Shoulder Lateral Raise (Soup Can Lateral Raise)**

Use soup cans or something light on these—you won't need much weight. Start by standing tall with your arms at your sides. Keeping your arms straight, raise your arms to the side until they are parallel to the floor. Hold this position for a second and then slowly lower back down.

\*Hold: Same idea here but hold at the top position for prescribed time! You'll definitely want to use less weight for the holds such as a pillow or an empty coffee cup.

\*Hold + Reps: Same idea as the hold, then perform as many normal reps as you can after you hold for the prescribed time!

## **Sit-Up**

A sit-up is slightly different than a crunch in that a sit-up will involve your feet being on the ground the entire time. You'll start in a similar position that we use for glute bridges, but this time your legs will stay in place and you'll sit your torso up as far as possible. Keep your hands across your chest or next to your ears for an even better challenge.

\*With Twist: Perform a normal sit-up, but at the top of each rep, twist your torso and try to get your elbow outside the opposite knee (right elbow outside left knee and vice versa). Alternate sides each rep for prescribed reps!

## **Split Jumps**

These are going to be like lunge jumps, however, you're going to do a full lunge each rep before jumping—aka, they're much harder and more fun!

## **Split Squats**

These are just like lunges, but you'll start in a lunge position rather than a standing tall position. You won't alternate legs—you'll perform all your reps on one side and then switch. These will be a little tougher to balance than lunges since you spend the whole time in the lunge position. As you get better, you can place your rear foot on a chair or couch so that you really have to balance on your front leg. Go as low as possible for each rep and go lower as you go!

## **Squat Jumps**

Just like your Bodyweight Squats, but now you're jumping as high as possible every rep.

## **Stair Jumps**

Find a set of stairs for these—in/around your house or even at a park. Simply jump to the first step then step back down. As you get used to these, you can hop back down between reps to keep the pace up and get more reps for the prescribed time.

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## **Stair Runs**

Find a set of stairs—preferably outside. For these, you might be on the clock, so get in as many steps as possible in the prescribed time! Don't go too fast if you're worried about falling.

## **Standing Single-Leg Calf Raise**

Use a stair step or another slightly elevated surface. Stand on the toes of one leg at the edge of the step (hold onto something for balance if you need) and slowly lower your heel until you feel a stretch in your calf. Push your toes into the step and raise your heel as high as possible to complete the rep! Perform all reps on one leg and then switch legs.

## **Straight-Leg Raises**

These are just like the 6" leg raises but now you're raising your legs as high as possible each rep. Remember to go slow and controlled on the way down for each rep!

## **Superman Hold**

Start by lying on your stomach with your arms overhead—kind of how Superman flies. Squeeze your butt and lower back so that your arms, head, and chest are off the ground as well as your feet and knees. Hold this position for the prescribed time!

\*Alternating Supermans: Same idea here, but you're just raising your right arm and left leg at the same time and vice versa. Get your chest and knee off the ground every rep and alternate sides for the prescribed reps on each side!

## **Toe Touch**

These will be both a stretch and an exercise. Start standing straight with a slight bend in your knees and your feet about hip-width apart. Slowly push your butt back like you're closing the fridge door with it and lower your torso while reaching for your toes. Make sure to keep your back flat and chest up—don't round your back on these! You'll feel a good stretch and burn in the back of your legs on these and you should be able to get closer to your toes on every rep.

## **Top Half Push-Up**

Just like it sounds, you'll only be performing the top half of each rep. Start in push-up position and lower down about half the distance you would normally lower yourself. This will force the triceps to do more work than the shoulders or chest.

## **Top Push-Up Hold**

This one will be a burner for the arms and the abs! Start in a push-up position and lower yourself just an inch or two by slightly bending your elbows. Now, hold this position for the prescribed time! If you need these to be harder, just lower yourself a little more!

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## V-Up

In a V-Up, you'll start by lying flat on your back with your legs straight, feet together, and arms straight overhead with your hands together. From here, perform a sit-up motion while also raising your legs and try to touch your hands to your feet—this position will make a big “V” shape, hence the name. If you can't touch your feet at first, that's fine! Just get as close as you can each rep, you'll get better!

## Walking Lunge

Just like your normal lunges, with these you're just going to perform constant lunges while moving forward. So lunge forward with one leg and as you stand up, step forward with the other leg into your next lunge. Have fun!

## Wall Sit

These are similar to squats, but you'll place your back against a wall and will hold the bottom position for the prescribed time. Walk your feet out so that your shins are perpendicular to the floor in the bottom position and sit as deep as possible—you don't have to go super deep at first, but you do have to go deeper each time you do these!

## Additional Notes

### Sets and Reps

Sets and reps (repetitions) describes the total number of times an exercise is performed. For example, 3 x 20 means you complete 20 reps of that exercise, rest, and then complete this two more times for a total of 3 sets of 20 reps.

### ALAP

As Long As Possible

### AMRAP

As Many Reps (repetitions) As Possible

### Each

Complete the exercise on each arm or leg, as applicable. For example, 3 x 10 lunges each means complete 1 sets of 10 lunges on one leg, and then complete 10 more on the other leg without rest. Do this 3 more times, resting in between each set.