



# BODY SPARTAN

## IN-HOME FULL BODY BLAST WORKOUT

EXERCISE	SET #	SUPER SET	REPS	REST	NOTES
<b>G2 FULL BODY BLAST</b>					
MOUNTAIN CLIMBERS	1A	YES	20	NONE	
BODY WEIGHT SQUATS	1B	YES	20	NONE	
PUSH-UPS	1C	YES	20	NONE	
BURPEES	1D	YES	20	NONE	
RIGHT LEG LUNGE	1E	YES	20	NONE	
LEFT LEG LUNGE	1F	YES	20	NONE	
V-UPS OR CRUNCHES	1G	YES	20	NONE	
BODY WEIGHT DIPS	1H	YES	20	NONE	
JUMPING JACKS	1I	YES	20	NONE	
PLANK SHOULDER TAPS	1J	YES	20	2 MIN	
MOUNTAIN CLIMBERS	2A	YES	20	NONE	
BODY WEIGHT SQUATS	2B	YES	20	NONE	
PUSH-UPS	2C	YES	20	NONE	
BURPEES	2D	YES	20	NONE	
RIGHT LEG LUNGE	2E	YES	20	NONE	
LEFT LEG LUNGE	2F	YES	20	NONE	
V-UPS OR CRUNCHES	2G	YES	20	NONE	
BODY WEIGHT DIPS	2H	YES	20	NONE	
JUMPING JACKS	2I	YES	20	NONE	
PLANK SHOULDER TAPS	2J	YES	20	2 MIN	
EXERCISE	SET #	SUPER SET	REPS	REST	NOTES
FOAM ROLL LEFT LEG IT BAND			60 SEC		
FOAM ROLL LEFT LEG QUADS			60 SEC		
FOAM ROLL RIGHT LEG IT BAND			60 SEC		
FOAM ROLL RIGHT LEG QUADS			60 SEC		
PSO-RITE PSOAS STRETCH			60 SEC		