



CLASSIC YZ45

CARDIO-CORE & ABS SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up 3-5 mins	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Abs / Core	1. X crunch – Left/Right – 1 min 2. X crunch – Right/Left – 1 min
45 sec rest period	
Cardio	• Burpee Plank (Continue until you get into red, recover until you get into green & repeat)
45 sec rest period	
Abs / Core	1. Kettlebell swing – 1 min 2. Russian twists – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Abs / Core	1. Side plank Dips – 1 min right / 1 min left 2. Push up plank with bell crossover – 1 min
45 sec rest period	
Cardio	• Mountain Climbers (Continue until you get into red, recover until you get into green & repeat)
45 sec rest period	
Abs / Core	1. V sit knee tuck – Left leg – 1 min 2. V sit knee tuck – right leg – 1 min
Cool down & stretch 3-5 mins	