



CLASSIC YZ45

CARDIO-CORE & ABS SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up 3-5 mins	
Cardio	Running – 1 min green, 2 min yellow, 1 min red
45 sec rest period	
Abs / Core	1. Dumbbell side bend - Left – 1 min 2. Saxon side bend - left – 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. Dumbbell side bend - right – 1 min 2. Saxon side bend - right – 1 min
45 sec rest period	
Cardio	Running – 1 min green, 2 min yellow, 1 min red
45 sec rest period	
Abs / Core	1. Side plank rotations – 1 min right / 1 min left 2. Panther plank walks – 1 min
45 sec rest period	
Cardio	• Burpee double knee crossover Continue until you get into red, recover until you get into green & repeat
45 sec rest period	
Abs / Core	1. Dead-bug – Left arm / right leg – 1 min 2. Dead-bug –right arm / left leg – 1 min
Cool down & stretch 3-5 mins	