



CLASSIC YZ45

CARDIO-CORE & ABS SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up 3-5 mins	
Cardio	Running – 1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Abs / Core	1. Saxon side bend – Pendulum – 1 min 2. Russian twists – 1 min
45 sec rest period	
Cardio	Spin bike – standing Hill Continue until you get into red, recover until you get into green & repeat
45 sec rest period	
Abs / Core	1. Side crunches - right – 1 min 2. Side crunches - left – 1 min
45 sec rest period	
Cardio	Running – 1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Abs / Core	1. Plank with arm reach – 1 min 2. V sit holds – with flutter arms – 1 min
45 sec rest period	
Cardio	Spin bike seated sprint Continue until you get into red, recover until you get into green & repeat
45 sec rest period	
Abs / Core	1. Bird-dog – Left arm / right leg – 1 min 2. Bird-dog –right arm / left leg – 1 min
Cool down & stretch 3-5 mins	