



CLASSIC YZ45

CARDIO-LOWER SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up – 3-5 min	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Lower Body	1. 3 Squats & Squat Jump – 1 min 2. Squat Hold – 1 min
45 sec rest period	
Cardio	• Burpee Squat (Continue until you get into red, recover until you get into green & repeat)
45 sec rest period	
Lower Body	1. Step Curtsy Lunge & Squat - Left – 1 min 2. Step Curtsy Lunge & Squat – Right – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Lower Body	1. Bell Swing & Squat – 1 min 2. Bell Sumo Squat – 1 min
45 sec rest period	
Cardio	• Skaters (Continue until you get into red, recover until you get into green & repeat)
45 sec rest period	
Lower Body	1. Step up – Knee - back lunge - left – 1 min 2. Step up – Knee - back lunge - right – 1 min
Cool down & stretch 3-5 min	