



CLASSIC YZ45

CARDIO-LOWER SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

| Warm up – 3-5 min | |
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| Cardio | Spin Hill climb Max effort until red, recover to green and repeat |
| 45 sec rest period | |
| Lower Body | 1. 3 Squats wide / 3 squats narrow – 1 min 2. Wall Squat Hold – 1 min |
| 45 sec rest period | |
| Cardio | • Squat Twists (Continue until you get into red, recover until you get into green & repeat) |
| 45 sec rest period | |
| Lower Body | 1. Step Lunge 5 & change leg – 1 min 2. Step Curtsy Lunge 5 & change leg – 1 min |
| 45 sec rest period | |
| Cardio | Spin Hill climb Max effort until red, recover to green and repeat |
| 45 sec rest period | |
| Lower Body | 1. Bell Swing & 3 Squats – 1 min 2. Bell walking lunge rotation – 1 min |
| 45 sec rest period | |
| Cardio | • Skater into squat jump (Continue until you get into red, recover until you get into green & repeat) |
| 45 sec rest period | |
| Lower Body | 1. Step ups forward (weighted) – 1 min 2. Side step ups into squat (weighted) – 1 min |
| Cool down & stretch 3-5 min | |