



# CLASSIC YZ45

**CARDIO-LOWER SESSION** – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up – 3-5 min	
Cardio	Spin Standing Hill climb Max effort until red, recover to green and repeat
45 sec rest period	
Lower Body	1. Weighted crab walks – 1 min 2. Wall vertical jumps – 1 min
45 sec rest period	
Cardio	Running Continue until you get into red, recover until you get into green & repeat
45 sec rest period	
Lower Body	1. Sumo squat pulse – 1 min 2. Standing side leg kicks (keep knee high) – 1 min left / 1 min right
45 sec rest period	
Cardio	Spin Seated Hill climb Max effort until red, recover to green and repeat
45 sec rest period	
Lower Body	1. Single leg pelvic lift - Left – 1 min 2. Single leg pelvic lift - Right – 1 min
45 sec rest period	
Cardio	Running Continue until you get into red, recover until you get into green & repeat
45 sec rest period	
Lower Body	1. Slam ball & 5 squats – 1 min 2. Wide to narrow squats – 1 min
Cool down & stretch 3-5 min	