



CLASSIC YZ45

TEAM PARTNER SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up 3-5 mins	
Cardio	1 min green, 2 min yellow, 1 min red
45 sec rest period	
Full Body	<ol style="list-style-type: none">1. Wheel turn pushups—clockwise / anticlockwise—1 min (Push up & rotate position—walking in a push up pos)2. Duck walks clockwise/anticlockwise – 1 min
45 sec rest period	
Cardio	<ul style="list-style-type: none">• Alternate slam ball / Squat (or squat jump) (One slams, one squats – alternate. Continue until you get into red, recover until you get into green & repeat)
45 sec rest period	
Full Body	<ol style="list-style-type: none">1. Bell Crab walks and bell pass – 1 min each side (Crab walk to middle, pass bell and walk back)2. Bear crawl & back – tag partner – 1 min
45 sec rest period	
Cardio	1 min green, 2 min yellow, 1 min red
45 sec rest period	
Full Body	<ol style="list-style-type: none">1. Russian twist with bell pass – 1 min2. Plank & dumbbell roll – 1 min (Roll dumbbell to partner and back)
45 sec rest period	
Cardio	<ul style="list-style-type: none">• Burpee & high 5 (on the jump) (alt hands) (Continue until you get into red, recover until you get into green & repeat)
45 sec rest period	
Full Body	<ol style="list-style-type: none">1. Train walking lunge – 1 min2. Step hand walk ups/downs – 1 min (One person holds push up plank, one person walks – alternate)
Cool down & stretch 3-5 mins	