



CLASSIC YZ45

TEAM PARTNER SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up 3-5 mins	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Full Body	<ol style="list-style-type: none">1. Pushups & high 5 – 1 min2. Frog jumps & back – tag partner – 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. Ball rugby pass – 1 min each side2. Plank & high 5 – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Full Body	<ol style="list-style-type: none">1. Ab crunch with ball pass – 1 min2. Wheel barrow plank hold / shrug – 1 min each
45 sec rest period	
Cardio	<ul style="list-style-type: none">• Burpee & high 5 in plank pos (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 ups facing each other and high 5 – 1 min
Cool down & stretch 3-5 mins	