



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. Wave pushups (like a Mexican wave) – 1 min2. Wave squats (like a Mexican wave) – 1 min
45 sec rest period	
Cardio	<ul style="list-style-type: none">• Team Slam ball One slams / one picks ball up and passes onto the slammer – change roles every 1 min
45 sec rest period	
Full Body	<ol style="list-style-type: none">1. Team v sit and 5 knee tucks - One goes while one holds - alternate – 1 min2. Plank mirror side steps – 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. Mirror squat & press – 1 min2. Wheel barrow plank hold - alternate – 1 min each
45 sec rest period	
Cardio	<ul style="list-style-type: none">• Alternate burpee – One goes then other (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 rotation – 1 min2. Step ups turn and squat jump mirror – 1 min
Cool down & stretch 3-5 mins	