CLASSIC YZ45

**TOTAL SESSION** – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

|  |  |
| --- | --- |
| Warm up | |
| Cardio |  |
| 45 sec rest period | |
| Upper Body | 1. – 1 min 2. – 1 min |
| 45 sec rest period | |
| Cardio |  |
| 45 sec rest period | |
| Lower Body | 1. – 1 min 2. – 1 min |
| 45 sec rest period | |
| Cardio |  |
| 45 sec rest period | |
| Abs/Core | 1. – 1 min 2. – 1 min |
| 45 sec rest period | |
| Cardio |  |
| 45 sec rest period | |
| Compound | 1. – 1 min 2. – 1 min |
| Cool down | |