



CLASSIC YZ45

TOTAL SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up 3-5 min	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Upper Body	1. Dumbbell bench chest press twists – 1 min 2. 5 Kettlebell bent over row & stand – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Lower Body	1. Bell sumo squat pulse – 1 min 2. Back lunge & knee – 1 min right / 1 min left
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Abs/Core	1. Heel taps – 1 min 2. Plank with side step – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Compound	1. Dumbbell snatch – 1 min right arm 2. Dumbbell snatch – 1 min left arm
Cool down & stretch 3-5 min	