



CLASSIC YZ45

TOTAL SESSION – AMRAP = 37 MIN
(4 min blocks – Alternate exercises)

Warm up 3-5 min	
Cardio	Spin Bike – Max effort 1 min / recover 1 min
45 sec rest period	
Upper Body	1. Dumbbell bench chest press – 1 min 2. Bench single arm row - 1 min right / 1 min left
45 sec rest period	
Cardio	Run – Max effort / recover & repeat
45 sec rest period	
Lower Body	1. Squat pulse – 1 min 2. Step lunge – 1 min right / 1 min left
45 sec rest period	
Cardio	Spin Bike – Max effort 1 min / recover 1 min
45 sec rest period	
Abs/Core	1. Alternating toe reaches – 1 min 2. Plank jacks – 1 min
45 sec rest period	
Cardio	Run – Max effort / recover & repeat
45 sec rest period	
Compound	1. Dumbbell squat – clean - press – 1 min right arm 2. Dumbbell squat – clean - press – 1 min left arm
Cool down & stretch 3-5 min	