



# CLASSIC YZ45

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

Warm up 3-5 min	
Cardio	Spin Bike – 2 min Green / 1 min yellow / 1 min red
45 sec rest period	
Upper Body	1. Step Pec fly twists – 1 min 2. Step – seated reverse fly - 1 min right
45 sec rest period	
Cardio	Run – 1 min Green / 2 min yellow / 1 min red
45 sec rest period	
Lower Body	1. 3 lunge & jump & change legs – 1 min 2. Step up & jump off – 1 min
45 sec rest period	
Cardio	Spin Bike – 2 min Green / 1 min yellow / 1 min red
45 sec rest period	
Abs/Core	1. Crunches – 1 min 2. Push up plank with bell crossover – 1 min
45 sec rest period	
Cardio	Run – 1 min Green / 2 min yellow / 1 min red
45 sec rest period	
Compound	1. Bell alternating swing – 1 min 2. Slam ball – 1 min
Cool down & stretch 3-5 min	