



CLASSIC YZ45

CARDIO-UPPER SESSION – AMRAP = 37 MIN

(4 min blocks – Alternate exercises)

Warm up – 3-5 min	
Cardio	2 min green, 1 min yellow, 1 min red
45 sec rest period	
Upper Body	<ol style="list-style-type: none">1. Step dumbbell fly & twist – 1 min2. Step dumbbell press & twist – 1 min
45 sec rest period	
Cardio	<ul style="list-style-type: none">• Burpee into 5 jacks <p>(Continue until you get into red, recover until you get into green & repeat)</p>
45 sec rest period	
Upper Body Pull	<ol style="list-style-type: none">1. Hammer grip bent over row 5 reps & stand – 1 min2. Standing reverse fly 5 reps & stand – 1 min
45 sec rest period	
Cardio	2 min green, 1 min yellow, 1 min red
45 sec rest period	
Upper Body	<ol style="list-style-type: none">1. Bell Side & front raise (with 3 counts pause up) – 1 min2. Bell Arnie press – 1 min
45 sec rest period	
Cardio	<ul style="list-style-type: none">• Burpee into 5 mountain climbers & stand <p>(Continue until you get into red, recover until you get into green & repeat)</p>
45 sec rest period	
Upper Body Pull	<ol style="list-style-type: none">1. Standing hammer curl – 1 min2. Bench Tricep dips – 1 min
Cool down & stretch 3-5 min	