



CLASSIC YZ45

CARDIO-UPPER 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. Step Incline dumbbell fly & twist – 1 min 2. Step Incline dumbbell press & twist – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Upper Body Pull	1. Overhand grip bent over row 5 reps & stand – 1 min 2. Seated reverse fly 5 reps & sit up – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Upper Body	1. Bell alternating arm swing – 1 min 2. Bell Clean & press – alternate sides – 1 min
45 sec rest period	
Cardio	1 min green, 1 min yellow, 1 min red, 1 min yellow
45 sec rest period	
Upper Body Pull	1. Standing Bicep curl – 1 min 2. Bench Tricep Press – 1 min
Cool down & stretch 3-5 min	