

**YZ45 CONTRAST**

AMRAP = 38 MIN

Complete 1 full circuit of each - 40 sec each / 50 sec each / 40 sec / 50 sec

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Warm up 3-5 mins | | | | | | |
| Type | Exercise | | **1**  40 sec | **2**  50 sec | **3**  40 sec | **4**  50 sec |
| Cardio | |  |  |  |  |  |
| 25 sec rest period | | | | | | |
| Upper Body | |  |  |  |  |  |
| 25 sec rest period | | | | | | |
| Lower Body | |  |  |  |  |  |
| 25 sec rest period | | | | | | |
| Core | |  |  |  |  |  |
| 25 sec rest period | | | | | | |
| Cardio | |  |  |  |  |  |
| 25 sec rest period | | | | | | |
| Upper Body | |  |  |  |  |  |
| 25 sec rest period | | | | | | |
| Lower Body | |  |  |  |  |  |
| 25 sec rest period | | | | | | |
| Abs | |  |  |  |  |  |
| 1 min recovery after each complete circuit | | | | | | |
| Cool down & stretch 3-5 mins | | | | | | |