



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	Max effort – 80%+				
25 sec rest period					
Upper Body	Single arm flat fly change sides after 2 circuits				
25 sec rest period					
Lower Body	Single leg vertical jumps change sides after 2 circuits				
25 sec rest period					
Core	Side plank rotations change sides after 2 circuits				
25 sec rest period					
Cardio	Max effort – 80%+				
25 sec rest period					
Upper Body	Single arm row & kick back change sides after 2 circuits				
25 sec rest period					
Lower Body	Step up – knee change sides after 2 circuits				
25 sec rest period					
Abs	Russian twist – one side only change sides after 2 circuits				
1 min recovery after each complete circuit					
Cool down & stretch 3-5 mins					