



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	Incline Chest Press				
25 sec rest period					
Lower Body	Sumo squats				
25 sec rest period					
Core	Plank with jacks				
25 sec rest period					
Cardio	Max effort – 80%+				
25 sec rest period					
Upper Body	Kettle bell clean and press Alternate sides				
25 sec rest period					
Lower Body	Step up & squat jump off				
25 sec rest period					
Abs	Saxon side bends				
1 min recovery after each complete circuit					
Cool down & stretch 3-5 mins					