



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	Flat bench pec fly & twist				
25 sec rest period					
Lower Body	Dumbbell squat				
25 sec rest period					
Core	Plank with arm reach				
25 sec rest period					
Cardio	Max effort – 80%+				
25 sec rest period					
Upper Body	Kettle bell side raise holds Lower when needed and back up				
25 sec rest period					
Lower Body	Lunge with rotation Alternate sides				
25 sec rest period					
Abs	Russian twists				
1 min recovery after each complete circuit					
Cool down & stretch 3-5 mins					