



# 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 pec fly & twist				
25 sec rest period					
Lower Body	Step split squat 2 circuits then change leg				
25 sec rest period					
Core	Rocking plank				
25 sec rest period					
Cardio	Max effort – 80%+				
25 sec rest period					
Upper Body	Kettle bell front raise holds Lower when needed and back up				
25 sec rest period					
Lower Body	Walking lunge with weight above head				
25 sec rest period					
Abs	Heel taps				
1 min recovery after each complete circuit					
Cool down & stretch 3-5 mins					