



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	Step push ups				
25 sec rest period					
Lower Body	Vertical squat jumps				
25 sec rest period					
Core	Push up plank with bell crossover				
25 sec rest period					
Cardio	Max effort – 80%+				
25 sec rest period					
Upper Body	Standing single arm reverse fly with rotation Change sides after 2 circuits				
25 sec rest period					
Lower Body	Walking lunges				
25 sec rest period					
Abs	Knee tuck – V sits				
1 min recovery after each complete circuit					
Cool down & stretch 3-5 mins					