



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	Renegade push up/rows				
25 sec rest period					
Lower Body	Squat jacks				
25 sec rest period					
Core	Plank with dumbbell roll				
25 sec rest period					
Cardio	Hill climb Max effort – 80%+				
25 sec rest period					
Upper Body	Inch worm and jump				
25 sec rest period					
Lower Body	Step ups				
25 sec rest period					
Abs	Weighted ab crunches				
1 min recovery after each complete circuit					
Cool down & stretch 3-5 mins					