

**YZ45 DIMENSIONS**

**HIIT** SESSION = 38 MIN

40/20 X 6 rounds (6:00 per section) - AMRAP

|  |  |
| --- | --- |
| Warm up 3-5 mins | |
| Cardio |  |
| 45 sec rest period | |
| Compound |  |
| 45 sec rest period | |
| Abs/Core |  |
| 45 sec rest period | |
| Cardio |  |
| 45 sec rest period | |
| Compound |  |
| 45 sec rest period | |
| Abs/Core |  |
| Cool down & stretch 3-5 mins | |