



YZ45 DIMENSIONS

HIIT SESSION = 38 MIN
40/20 X 6 rounds (6:00 per section) - AMRAP

Warm up 3-5 mins	
Cardio	Sprints – As quick as possible!
45 sec rest period	
Compound	Dumbbell squat & press
45 sec rest period	
Abs/Core	Plank & High 5 (or arm reach)
45 sec rest period	
Cardio	Sprints – As quick as possible
45 sec rest period	
Compound	Slam Ball & squat (1 slam, 1 squat)
45 sec rest period	
Abs/Core	Bicycle crunch
Cool down & stretch 3-5 mins	