



YZ45 DIMENSIONS

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

Warm up 3-5 mins	
Cardio	Sprints – Max effort
45 sec rest period	
Compound	Squat - Inch worm – push up
45 sec rest period	
Abs/Core	Plank jacks
45 sec rest period	
Cardio	Sprints – Max effort
45 sec rest period	
Compound	Lunge hold & shoulder press – alternate side per round
45 sec rest period	
Abs/Core	Toe reaches
Cool down & stretch 3-5 mins	