



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	Renegade pushups / row
45 sec rest period	
Abs/Core	Panther planks
45 sec rest period	
Cardio	Hill Sprints – Max effort
45 sec rest period	
Compound	3 squat & squat jumps
45 sec rest period	
Abs/Core	Dumbbell crunches
Cool down & stretch 3-5 mins	