



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	2 bent over row / 2 upright row
45 sec rest period	
Abs/Core	Bell alternating swings
45 sec rest period	
Cardio	Hill Sprints – Max effort
45 sec rest period	
Compound	Burpee & 3 jacks
45 sec rest period	
Abs/Core	Saxon side bends
Cool down & stretch 3-5 mins	