



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	Side & front raise holds – do 1 side then 1 front.
45 sec rest period	
Abs/Core	Bell swing & pause up
45 sec rest period	
Cardio	Standing Hill – Max effort
45 sec rest period	
Compound	Dumbbell low impact burpee & press
45 sec rest period	
Abs/Core	Dumbbell Side bends – alternate sides
Cool down & stretch 3-5 mins	