

**YZ45 DIMENSIONS**

**STRENGTH** SESSION = 38 MIN

40/20 X 6 rounds (6:00 per section) - AMRAP

|  |  |
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| Warm up 3-5 mins | |
| Compound |  |
| 45 sec rest period | |
| Upper Body Push |  |
| 45 sec rest period | |
| Lower Body |  |
| 45 sec rest period | |
| Abs/Core |  |
| 45 sec rest period | |
| Cardio |  |
| 45 sec rest period | |
| Compound |  |
| Cool down & stretch 3-5 mins | |