



YZ45 DIMENSIONS

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

Warm up 3-5 mins	
Compound	Squat – Clean - Press
45 sec rest period	
Upper Body	Step push ups
45 sec rest period	
Lower Body	Step up & squat jump off
45 sec rest period	
Abs/Core	Side planks – alternate sides
45 sec rest period	
Cardio	Sprints
45 sec rest period	
Compound	Bell swing & Pause up
Cool down & stretch 3-5 mins	