



YZ45 DIMENSIONS

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

| Warm up 3-5 mins | |
|------------------------------|------------------------------|
| Compound | Burpee & 2 push ups |
| 45 sec rest period | |
| Upper Body | Renegade – just rows |
| 45 sec rest period | |
| Lower Body | Alternating lunge & rotation |
| 45 sec rest period | |
| Abs/Core | Bicycle crunch |
| 45 sec rest period | |
| Cardio | Sprints |
| 45 sec rest period | |
| Compound | Kettlebell squat & clean |
| Cool down & stretch 3-5 mins | |