



YZ45 DIMENSIONS

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

Warm up 3-5 mins	
Compound	4 mountain climbers & stand
45 sec rest period	
Upper Body	Pec fly & twist
45 sec rest period	
Lower Body	Step lunge – alternate sides per round
45 sec rest period	
Abs/Core	Plank with arm reach
45 sec rest period	
Cardio	Spin Sprints
45 sec rest period	
Compound	Weighted low impact burpee & press
Cool down & stretch 3-5 mins	