**YZ45 PYRAMID**

**Can you complete the pyramid?** - 30 sec work /25 sec rest – AMRAP = 39 MIN – **60 sec rest at the mid-point - RED**

The Pyramid – ALWAYS start at the bottom - work to the top

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **NO** | **EXERCISE** | **WORK**  **secs** | **REST**  **secs** | **ROUNDS** | | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 |
| WARM UP 3-5 mins | | | | | | | | | | | | | | | | |
| **6** |  | **30** | **25** |  |  |  |  |  |  |  | |  |  |  |  |  |
| **5** |  | **30** | **25** |  |  |  |  |  |  |  | |  |  |  |  |  |
| **4** |  | **30** | **25** |  |  |  |  |  |  |  | |  |  |  |  |  |
| **3** |  | **30** | **25** |  |  |  |  |  |  |  | |  |  |  |  |  |
| **2** |  | **30** | **25** |  |  |  |  |  |  |  | |  |  |  |  |  |
| **1** |  | **30** | **25** |  |  |  |  |  |  |  | |  |  |  |  |  |
| COOLDOWN & STRETCH 3-5 mins | | | | | | | | | | | | | | | | |
| TIMING SPLITS | | | | 19.10 MINS | | | | | | | 19.10 MINS | | | | | |