



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	Standing bicycle crunch	30	25												
5	Straight leg deadlift Change side for per round	30	25												
4	Inch worm – shoulder tap	30	25												
3	X crunch – Left to right / right to left Change side for per round	30	25												
2	Dumbbell Sumo squats	30	25												
1	3 Squat thruster & stand	30	25												
COOLDOWN & STRETCH 3-5 mins															
TIMING SPLITS				19.10 MINS						19.10 MINS					