



# 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	Dumbbell side bends Change side for per round	30	25												
5	Alternating front / side raise	30	25												
4	Bell swing	30	25												
3	Heel taps	30	25												
2	Step Split Squat Change side for per round	30	25												
1	Slam ball – squat 180 twists	30	25												
COOLDOWN & STRETCH 3-5 mins															
TIMING SPLITS				19.10 MINS						19.10 MINS					