



# YZ45 R3DZONE

**HIIT SESSION** = 37.50 MIN

30/30 x 5 rounds – AMRAP

Warm up 3-5 mins	
Cardio	Sprints – As quick as possible
1 min rest period	
Upper Body	Renegade Push Up-Rows
1 min rest period	
Lower Body	Slam ball Jacks
1 min rest period	
Cardio	Sprints – As quick as possible
1 min rest period	
Abs / Core	Burpee – Plank T / Plank T
1 min rest period	
Full Body	Squat & Press
1 min rest period	
Cardio	Mountain Climbers
Cool down & stretch 3-5 mins	