



# YZ45 R3DZONE

**HIIT SESSION = 37.50 MIN**

30/30 x 5 rounds – AMRAP

Warm up 3-5 mins	
Cardio	Max effort
1 min rest period	
Upper Body	Inch worm & 2 push ups
1 min rest period	
Lower Body	Long jump & jog back
1 min rest period	
Cardio	Max effort
1 min rest period	
Abs / Core	Plank jacks
1 min rest period	
Full Body	Slam ball & squat
1 min rest period	
Cardio	Max effort
Cool down & stretch 3-5 mins	