



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	Dumbbell low impact burpee & press
1 min rest period	
Lower Body	Wide to narrow squat jumps
1 min rest period	
Cardio	Max effort
1 min rest period	
Abs / Core	Plank with hip drops
1 min rest period	
Full Body	Bell swing
1 min rest period	
Cardio	Max effort
Cool down & stretch 3-5 mins	