



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	Standing 2 reverse fly & 2 jacks
1 min rest period	
Lower Body	Step up & squat jump down
1 min rest period	
Cardio	Max effort
1 min rest period	
Abs / Core	Bear crawls
1 min rest period	
Full Body	Slam ball – step up and down - repeat
1 min rest period	
Cardio	Max effort
Cool down & stretch 3-5 mins	