



# 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	Step push up & double knee crossover
1 min rest period	
Lower Body	2 squats and vertical jump
1 min rest period	
Cardio	Max effort
1 min rest period	
Abs / Core	Plank with bell crossover
1 min rest period	
Full Body	Slam ball – Burpee
1 min rest period	
Cardio	Max effort
Cool down & stretch 3-5 mins	