



YZ45 R3DZONE

STRENGTH SESSION = 37.50 MIN
30/30 x 5 rounds (4:50 per section) - AMRAP

Warm up 3-5 mins	
Upper Body	Inch worm + 2 push ups
1 min rest period	
Lower Body	Wide to narrow squat jumps
1 min rest period	
Abs/Core	Bell swing & pause up
1 min rest period	
Cardio	Sprints – As quick as possible
1 min rest period	
Upper Body	Burpee – Renegade row (no push up)
1 min rest period	
Lower Body	3 lunge & alternate jumps
1 min rest period	
Abs/Core	Plank – Alt superman's
Cool down & stretch 3-5 mins	