



# YZ45 R3DZONE

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

Warm up 3-5 mins	
Upper Body	Chest press twists
1 min rest period	
Lower Body	Sumo Squats
1 min rest period	
Abs/Core	Bell 2 swing & pause up
1 min rest period	
Cardio	Hill Max effort
1 min rest period	
Upper Body	Bent over row
1 min rest period	
Lower Body	Alternating lunges weight overhead
1 min rest period	
Abs/Core	Plank – jacks
Cool down & stretch 3-5 mins	