



YZ45 R3DZONE

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

Warm up 3-5 mins	
Upper Body	Incline chest press twists
1 min rest period	
Lower Body	Squat Pulses
1 min rest period	
Abs/Core	Bell alternating arm swings
1 min rest period	
Cardio	Hill Max effort
1 min rest period	
Upper Body	2 bent over row – 2 upright rows
1 min rest period	
Lower Body	Step up – squat – step down - squat
1 min rest period	
Abs/Core	Panther planks
Cool down & stretch 3-5 mins	