



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 push up & shoulder tap |
| 1 min rest period | |
| Lower Body | Weighted squat & squat jump |
| 1 min rest period | |
| Abs/Core | Saxon side bends |
| 1 min rest period | |
| Cardio | Hill Max effort |
| 1 min rest period | |
| Upper Body | Clean & press |
| 1 min rest period | |
| Lower Body | Bell swing & squat |
| 1 min rest period | |
| Abs/Core | Russian twists |
| Cool down & stretch 3-5 mins | |