



YZ45 R3DZONE

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

Warm up 3-5 mins	
Upper Body	Feet / legs on step – decline push ups
1 min rest period	
Lower Body	Wall squat hold with weight overhead
1 min rest period	
Abs/Core	Bear crawls
1 min rest period	
Cardio	Hill Max effort
1 min rest period	
Upper Body	Alternating dumbbell snatch
1 min rest period	
Lower Body	Alternating lunge with rotation
1 min rest period	
Abs/Core	Standing bicycle crunch
Cool down & stretch 3-5 mins	