

**YZ45 RISE**

**TOTAL** – AMRAP = 38 MIN

Complete 1 full circuit of each - 30 sec each / 45 sec each / 60 sec

|  |
| --- |
| Warm up 3-5 mins |
| Type | Exercise | 30sec | 45sec | 60sec |
| Cardio |  |  |  |  |
| 30 sec rest period |
| Upper Body |  |  |  |  |
| 30 sec rest period |
| Lower Body |  |  |  |  |
| 30 sec rest period |
| Core |  |  |  |  |
| 30 sec rest period |
| Compound |  |  |  |  |
| 30 sec rest period |
| Cardio |  |  |  |  |
| 30 sec rest period |
| Upper Body |  |  |  |  |
| 30 sec rest period |
| Lower Body |  |  |  |  |
| 30 sec rest period |
| Abs |  |  |  |  |
| 30 sec rest period |
| Compound |  |  |  |  |
| 1 min recovery after each complete circuit  |
| Cool down & stretch 3-5 mins |