

**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 | | | | | |