



# 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	MAX EFFORT			
30 sec rest period				
Upper Body	Push up T			
30 sec rest period				
Lower Body	Step up & jump squat off			
30 sec rest period				
Core	Plank			
30 sec rest period				
Compound	Dumbbell deadlifts			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	Bent over row			
30 sec rest period				
Lower Body	Step Lunges – 5 reps and change legs			
30 sec rest period				
Abs	Bicycle crunch			
30 sec rest period				
Compound	Dumbbell snatch			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				