



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	Burpee & double knee crossover			
30 sec rest period				
Lower Body	Squat jacks			
30 sec rest period				
Core	Plank hip drops			
30 sec rest period				
Compound	Slam ball double squat			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	Push up Plank hold with reverse fly – 2 and change sides			
30 sec rest period				
Lower Body	Step up – squat jump off – vertical jump			
30 sec rest period				
Abs	Russian twists			
30 sec rest period				
Compound	Bell swing and pause			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				