



# 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	Step push up & shoulder tap			
30 sec rest period				
Lower Body	Weighted squats			
30 sec rest period				
Core	Plank jacks			
30 sec rest period				
Compound	Sumo deadlifts			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	Standing reverse fly			
30 sec rest period				
Lower Body	Step ups			
30 sec rest period				
Abs	Saxon side bend			
30 sec rest period				
Compound	Bell swing			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				