



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 with double knee crossover			
30 sec rest period				
Lower Body	Weighted step ups			
30 sec rest period				
Core	Rocking plank			
30 sec rest period				
Compound	Slam ball			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	Side raise & upright row			
30 sec rest period				
Lower Body	Alternating lunge & rotation			
30 sec rest period				
Abs	Alternating toe reaches			
30 sec rest period				
Compound	Bell alternating arm swing			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				