



# 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	Inch worm			
30 sec rest period				
Lower Body	Crab walks			
30 sec rest period				
Core	Plank high 5			
30 sec rest period				
Compound	Slam ball – squat jump			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	Bicep curl into shoulder press			
30 sec rest period				
Lower Body	Alternating walking lunge – weight overhead			
30 sec rest period				
Abs	Heel taps			
30 sec rest period				
Compound	Bell 2 swing and pause up			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				