



# 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	Incline press & twist			
30 sec rest period				
Lower Body	Goblet squats			
30 sec rest period				
Core	Plank T			
30 sec rest period				
Compound	Slam ball – Burpee			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	2 Bicep curl into Standing 2 Tricep kickback			
30 sec rest period				
Lower Body	Duck walks			
30 sec rest period				
Abs	Crunch pulses			
30 sec rest period				
Compound	Bell squat – clean & press – 2 reps and change sides			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				