



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 & 4 mountain climbers			
30 sec rest period				
Lower Body	Long jump and jog back			
30 sec rest period				
Core	Side plank dips – 5 and change sides – no drop!			
30 sec rest period				
Compound	Slam ball 180 twist and back			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	Dumbbell clean & press			
30 sec rest period				
Lower Body	Step jumps wide – off into wide squat the jump back on			
30 sec rest period				
Abs	V sit knee tucks			
30 sec rest period				
Compound	Bell 2 swing – squat			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				