



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 fly and press			
30 sec rest period				
Lower Body	Heavy sumo squats			
30 sec rest period				
Core	Plank – single leg – 5 sec & change			
30 sec rest period				
Compound	Slam ball			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	Dumbbell snatch – 2 and change sides			
30 sec rest period				
Lower Body	Heavy alternating lunges			
30 sec rest period				
Abs	Leg scissors			
30 sec rest period				
Compound	Squat & Press - bells			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				