



# 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	Walking push ups			
30 sec rest period				
Lower Body	Squat pulses			
30 sec rest period				
Core	V sit holds			
30 sec rest period				
Compound	Slam ball double jack			
30 sec rest period				
Cardio	MAX EFFORT			
30 sec rest period				
Upper Body	2 upright rows into 2 shoulder press			
30 sec rest period				
Lower Body	Middle step up – wide step off and squat - goblet			
30 sec rest period				
Abs	Saxon side bends			
30 sec rest period				
Compound	Single arm bell Squat and clean – 2 and change sides			
1 min recovery after each complete circuit				
Cool down & stretch 3-5 mins				