

## YZ45 CLASSES

### 1. CLASSIC YZ45

The Classic YZ45 workout is based on our founding principle of 8 blocks of 4 minutes exercise with a 45 sec rest period between the blocks. There are 5 different variations of the workout – **TOTAL, UPPER, LOWER, CORE/ABS, TEAM**. Each session aims to push your body in Your Zone (80% to 100% of your max heart rate for 12 to 20 minutes) , to get optimal results.

### 2. 5X5 'EXTREME'

As the name says, this is our 'extreme' session. Whether it be the HIIT version or the STRENGTH version, this workout is aimed to push you right to your limits.

Mainly for the more seasoned trainer who likes to be pushed hard, this class can be adapted for all.

5 exercises to complete – each lasting for 1 minute. You'll then get a small 20 sec rest period between exercises. Once you have completed 1 full circuit, you'll get a 1 min 20 recovery before it all starts again. 5 circuits to complete in total i.e., 5x5.

### 3. 10 FOR 10

10 for 10 is our Cross-Fit style workout. 2 versions – Strength and Hybrid. Each section lasts for 10 mins (with a 1 min break on the 5 min mark) – There are 3 sections to complete. Once you have completed a section you will get a 1 min 30 recovery before starting the next section.

Each section has 4 exercises to complete. The idea being that you do each exercise for 10 reps and keep rotating through the for the time. Really good for working together as a team.

### 4. 6 6 6

The 'Devils number' 666 is our tough cardio-HIIT session.

**6** exercises, **6** rounds to complete, with each round lasting for **6** minutes. This session will really burn the calories during and after the session!

### 5. CIRCUITS

The circuit session is working on muscular endurance with 1 min 30 on the exercise and 40 sec rest periods between exercises. With 9 exercise to complete twice through this will really improve your endurance and stamina. There are 2 different versions – **HYBRID** and **STRENGTH**.

### 6. CONTRAST

This is a HIIT session with a difference. With 4 circuits of 8 exercises to complete this session has a twist... This workout has contrasting timings. With the 4 circuits to complete, each circuit changes its exercise timings of 40 and 50 seconds per exercise and 25 seconds rest between each. With 1 min rest after each full circuit, this really will get the heart rate pumping.

### 7. DIMENSIONS

Add a new 'dimension' to your training with this tough HIIT session. 40 seconds of work with a 20 second rest period, you'll have 6 rounds of each exercise to complete. With only 45 seconds rest between exercises. 6 exercises to complete, this session will really push you to that afterburn! With 2 versions – Dimensions **HIIT** and Dimensions **STRENGTH**.

### 8. HIIT CIRCUITS

This is our HIIT style of circuits, with shorter timed intervals. 8 exercises to complete, each lasting 45 seconds. You'll be getting a brief 20 second rest period before moving onto the next exercise. At the end

of each full circuit, you'll get a 1 min 20 recovery period before starting it again. You'll have 4 rounds to complete before the end. With 2 versions **HIIT CIRCUITS HYBRID** and **HIIT CIRCUITS STRENGTH**, this class will hit into every body part.

#### 9. **LUCKY NO 7**

This our fun packed HIIT circuit session where there will be 6 set exercises to complete with the 7<sup>th</sup> being the instructor's choice. Let's hope they are in a good mood.....or not!

7 exercises to complete, 40 seconds of work in each with a 20 sec change period. To complete this session, you'll need to complete 5 circuits through.

#### 10. **R3DZONE**

Push your body to the limit with our **HIIT** and **STRENGTH** versions of R3DZONE.

30 seconds of max work x 30 seconds or recovery x 5 rounds. You then get a minute recovery before moving onto the next section. With 7 sections to complete, Fitness related and muscular, this really will push you into that 'R3DZONE'.

#### 11. **RISE**

This is our circuit style class with a difference. There are 10 exercises with 3 circuits to complete. Each circuit though gets longer in duration i.e., the time RISES. Circuit 1 consists of 30 sec work x 30 sec rest per exercise, circuit 2 45 sec work x 30 sec rest and circuit 3 60 sec work x 30 sec rest.

This session will certainly make the heart rates 'RISE'.

#### 12. **TABATA BOOTCAMP**

Our Tabata bootcamp session is short and very sharp! MAX effort for each of the rounds as they only consist of 20 seconds of work with a 10 second breather. 8 rounds to complete on each of the 8 exercises – This is scientifically proven to get you great EPOC while every aspect of fitness is covered.

#### 13. **THE BLOCK**

Can you complete all 4 blocks?

Each block contains 4 exercises, each 45 seconds work with 20 sec rest you must complete 2 full circuits. After that you get a brief rest period before moving onto the next block. You must complete all 4 to complete the class!

#### 14. **THE PYRAMID**

Can you work your way up and down the pyramid?

With 6 exercises in total to complete, 30 seconds of work with 25 seconds rest – an exercise gets added each round until you are doing the full 6. You then lose an exercise each round until you are back to the ground!

#### 15. **WOD**

Will you take on our Work out of the Day?

10 exercises to complete of 3 full circuits. Each exercise will include 50 seconds work and a small 20 second rest period before moving onto the next exercise, this really will get the heart pumping to cover a full body workout!