

YZ45 CLASS SUMMARY

Note: All class timings do not include warm up and cooldown

1. YZ45 CLASSIC

- Based on the original YZ45 8 blocks of 4 mins
- Total workout time = 37 min

2. YZ45 5X5 'EXTREME' HIIT

- Aimed at the more seasoned trainer
- 60 secs work / 20 sec recovery
- 5 exercises to complete
- 1 min 20 recovery after each full circuit
- 5 sets to complete
- Total workout time = 37.20 min

3. 10 FOR 10

- Based on CrossFit
- 3 sections
- Each section has 4 exercises in
- Complete 10 reps of each exercise and rotate
- Complete as many rounds as possible within the 10 mins
- 1 min rest at each of the 5 min points
- 1 min 30 rest after completing each section
- Total workout time = 36.40 min

4. 666

- 6 exercises to complete
- 6 rounds to complete
- 6 mins to complete each round – 45 sec work / 15 sec change
- 1 min recovery after each round (45 sec + the 15 sec from above = 1 min)
- Total workout time = 39.50 min

5. YZ45 CIRCUITS

- 9 exercises
- 2 full circuits to complete
- 1 min 30 work / 40 sec rest-change over time
- 1 min recovery after 1 full circuit
- Total workout time = 39 min

6. YZ45 CONTRAST

- 8 exercises to complete
- 4 circuits
- Circuit 1 – 40 sec work / 25 sec recovery
- Circuit 2 – 50 sec work / 25 sec recovery
- Circuit 3 – 40 sec work / 25 sec recovery
- Circuit 4 – 50 sec work / 25 sec recovery
- 1 min recovery at the end of each full circuit before starting the next
- Total workout time 38 min.

7. YZ45 DIMENSIONS

- 6 exercises to complete
- 40 sec work / 20 sec recovery x 6 rounds
- 45 sec recovery after each section
- Total time = 38 min

8. YZ45 HIIT CIRCUITS

- 8 exercises
- 4 full circuits to complete
- 45 sec work / 20 sec rest-change
- 1min 20 recovery after each circuit
- Total workout time = 37.40 min

9. Lucky no 7

- 7 exercises to get through (Exercise no 7 is instructor choice on the day)
- 5 rounds to complete
- 40 sec work / 20 sec change
- 1 min recovery after each complete round
- Total workout time 37.40 min

10. YZ45 R3DZONE

- 7 exercises to complete
- 30 sec work / 30 sec recovery x 5 rounds
- 1 min recovery after each section
- Total workout time = 37.50 min

11. YZ45 RISE

- 10 exercises to complete
- 3 circuits to complete
- Circuit 1 – 30 sec work / 30 sec recovery
- Circuit 2 – 45 sec work / 30 sec recovery
- Circuit 3 – 60 sec work / 30 sec recovery
- 1 min recovery at the end of each circuit
- Total workout time = 37.80 min

12. YZ45 TABATA BOOTCAMP

- 8 exercises to complete
- 20 sec work / 10 sec rest x 8
- 45 sec recovery after each exercise
- Total workout time = 38 min

13. YZ45 THE BLOCK

- 4 blocks to complete
- Each block has 4 exercises
- 45 sec on / 20 sec rest/change exercise
- Complete 2 circuits
- 1 min 20 Rest after each block
- Must complete all 4 blocks
- Total workout time = 37.40 min

14. YZ45 PYRAMID

- 6 exercises to complete in a pyramid fashion
- Start from the bottom, working your way up to the top and back down
- 30 sec work / 25 sec rest
- 1 min rest at the half way point
- Total workout time = 39 min

15. WOD (WORKOUT OF THE DAY)

- Based on CrossFit
- 10 exercises
- 3 circuits to complete
- 50 sec work / 20 sec rest-change
- 1min 20 recovery after each full circuit
- Total workout time = 37 min