**YZ45 - PULSE**

AMRAP = 38.20 MIN

CARDIO – STATION – ABS/CORE

(45sec on / 15 sec to change exercise – COMPLETE 3 ROUNDS BEFORE CHANGING SECTION)

|  |  |
| --- | --- |
| Warm up – 3-5 mins | |
| Cardio |  |
| 15 sec rest period | |
| Station  Upper Body |  |
| 15 sec rest period | |
| Station  Abs/Core |  |
| 15 sec rest period | |
|  | |
| Cardio |  |
| 15 sec rest period | |
| Station  Lower Body |  |
| 15 sec rest period | |
| Station  Abs/Core |  |
| 15 sec rest period | |
|  | |
| Cardio |  |
| 15 sec rest period | |
| Station  Upper Body |  |
| 15 sec rest period | |
| Station  Abs/Core |  |
| 15 sec rest period | |
|  | |
| Cardio |  |
| 15 sec rest period | |
| Station  Lower Body |  |
| 15 sec rest period | |
| Station  Abs/Core |  |
| 15 sec rest period | |
| 1 MIN REST PERIODS BETWEEN SECTIONS | |
| COOL DOWN – 3-5 MINS | |