**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 |