



# 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	Ski Erg
15 sec rest period	
Station Upper Body	Step Push Ups
15 sec rest period	
Station Abs/Core	Ab Crunches
15 sec rest period	
Cardio	Spin Bike Hill Climb
15 sec rest period	
Station Lower Body	Squat Pulses
15 sec rest period	
Station Abs/Core	Saxon Side Bends
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Bent Over Row
15 sec rest period	
Station Abs/Core	Plank to Push up Plank
15 sec rest period	
Cardio	Bell Swing
15 sec rest period	
Station Lower Body	Alternating lunges
15 sec rest period	
Station Abs/Core	V sit Hold
15 sec rest period	
<b>1 MIN REST PERIODS BETWEEN SECTIONS</b>	
COOL DOWN – 3-5 MINS	