



# 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	Inch worm + 2 push ups
15 sec rest period	
Station Abs/Core	Crunch pulses
15 sec rest period	
Cardio	Spin Bike Hill
15 sec rest period	
Station Lower Body	Split squat touch down
15 sec rest period	
Station Abs/Core	Plank jacks
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Front raise hold max effort, rest if needed and back to it
15 sec rest period	
Station Abs/Core	V sit – toe reach – alternate sides
15 sec rest period	
Cardio	Running
15 sec rest period	
Station Lower Body	Lunge + press – change halfway
15 sec rest period	
Station Abs/Core	Crunch + reverse curl – same time
15 sec rest period	
<b>1 MIN REST PERIODS BETWEEN SECTIONS</b>	
COOL DOWN – 3-5 MINS	