



# 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	Renegade Push Ups
15 sec rest period	
Station Abs/Core	Heel Taps
15 sec rest period	
Cardio	Spin Bike Standing Hill Climb
15 sec rest period	
Station Lower Body	Sumo Squats
15 sec rest period	
Station Abs/Core	Russian Twists
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Dumbbell Clean + Press – Alternate sides
15 sec rest period	
Station Abs/Core	Plank with Arm Reach
15 sec rest period	
Cardio	Slam Ball
15 sec rest period	
Station Lower Body	Alternating lunges – Weight over head
15 sec rest period	
Station Abs/Core	Flutter Kicks
15 sec rest period	
<b>1 MIN REST PERIODS BETWEEN SECTIONS</b>	
COOL DOWN – 3-5 MINS	