



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 Chest Press
15 sec rest period	
Station Abs/Core	Pelvic Lifts
15 sec rest period	
Cardio	Spin Bike Standing Sprints
15 sec rest period	
Station Lower Body	Squats – Weight Over head
15 sec rest period	
Station Abs/Core	Bicycle Crunch
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Standing Reverse fly
15 sec rest period	
Station Abs/Core	Rocking Plank
15 sec rest period	
Cardio	Bell Alternating arm swing
15 sec rest period	
Station Lower Body	Jumping alternating lunges
15 sec rest period	
Station Abs/Core	Dead - bugs
15 sec rest period	
1 MIN REST PERIODS BETWEEN SECTIONS	
COOL DOWN – 3-5 MINS	