



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 Incline Press + Twist
15 sec rest period	
Station Abs/Core	Crunch Hold up
15 sec rest period	
Cardio	Spin Bike Seated Sprints
15 sec rest period	
Station Lower Body	Deadlifts
15 sec rest period	
Station Abs/Core	Legs to side crunch – change half way
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Standing Single arm reverse fly + twist Change sides halfway
15 sec rest period	
Station Abs/Core	Plank Jacks
15 sec rest period	
Cardio	Running
15 sec rest period	
Station Lower Body	Lunge Hold – weighted Change halfway
15 sec rest period	
Station Abs/Core	Butterfly crunches
15 sec rest period	
1 MIN REST PERIODS BETWEEN SECTIONS	
COOL DOWN – 3-5 MINS	