



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	Push Ups
15 sec rest period	
Station Abs/Core	Weighted Crunch
15 sec rest period	
Cardio	Spin Bike Seated Sprints
15 sec rest period	
Station Lower Body	4 Squats + 1 Vertical jump
15 sec rest period	
Station Abs/Core	Dumbbell Side bends – change halfway
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Renegade Rows
15 sec rest period	
Station Abs/Core	Side Plank dips – change halfway
15 sec rest period	
Cardio	Bell Swing + Squat
15 sec rest period	
Station Lower Body	Jumping alternating lunge
15 sec rest period	
Station Abs/Core	Reverse curls
15 sec rest period	
1 MIN REST PERIODS BETWEEN SECTIONS	
COOL DOWN – 3-5 MINS	