



# 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 Up T
15 sec rest period	
Station Abs/Core	Boxing Crunches
15 sec rest period	
Cardio	Spin Bike Hill
15 sec rest period	
Station Lower Body	Step up – Squat – Step down - Squat
15 sec rest period	
Station Abs/Core	Straight leg full sit up
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Front / Side raise
15 sec rest period	
Station Abs/Core	Weighted side plank – change halfway
15 sec rest period	
Cardio	Running
15 sec rest period	
Station Lower Body	Static lunge jump – change halfway
15 sec rest period	
Station Abs/Core	Reverse curls hold
15 sec rest period	
<b>1 MIN REST PERIODS BETWEEN SECTIONS</b>	
COOL DOWN – 3-5 MINS	