



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 Decline Push Up
15 sec rest period	
Station Abs/Core	Toe Reaches
15 sec rest period	
Cardio	Spin Bike Sprint
15 sec rest period	
Station Lower Body	Step up – Squat jump off
15 sec rest period	
Station Abs/Core	X crunch – Weighted alternating hand to foot
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Standing Arnie Press
15 sec rest period	
Station Abs/Core	Side Plank Rotations – Change halfway
15 sec rest period	
Cardio	Burpee
15 sec rest period	
Station Lower Body	Lunge hold – change halfway
15 sec rest period	
Station Abs/Core	Hands and Toes Bird-Dog
15 sec rest period	
1 MIN REST PERIODS BETWEEN SECTIONS	
COOL DOWN – 3-5 MINS	