



# 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 + Ankle tap
15 sec rest period	
Station Abs/Core	3 count crunches
15 sec rest period	
Cardio	Spin Bike Hill
15 sec rest period	
Station Lower Body	Wide – Narrow squats
15 sec rest period	
Station Abs/Core	One side Russian twist – change halfway
15 sec rest period	
Cardio	Rower
15 sec rest period	
Station Upper Body	Side raise hold max effort, rest if needed and back to it
15 sec rest period	
Station Abs/Core	V sit / knee tuck
15 sec rest period	
Cardio	Running
15 sec rest period	
Station Lower Body	Walking lunges – forward / backward
15 sec rest period	
Station Abs/Core	Dead-bug
15 sec rest period	
<b>1 MIN REST PERIODS BETWEEN SECTIONS</b>	
COOL DOWN – 3-5 MINS	