

**YZ45 DESCENT**

**TOTAL** – 40 mins AMRAP

Complete ALL before moving on - 60 sec / 50 sec / 40 sec / 30 sec

20 SEC REST PERIODS BETWEEN EACH SET

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Warm up 3-5 mins | | | | | |
| Type | Exercise | 60sec | 50sec | 40sec | 30sec |
| CARDIO / COMPOUND |  |  |  |  |  |
| 60 sec rest period | | | | | |
| UPPER BODY |  |  |  |  |  |
| 60 sec rest period | | | | | |
| LOWER BODY |  |  |  |  |  |
| 60 sec rest period | | | | | |
| ABS / CORE |  |  |  |  |  |
| 60 sec rest period | | | | | |
| CARDIO / COMPOUND |  |  |  |  |  |
| 60 sec rest period | | | | | |
| UPPER BODY |  |  |  |  |  |
| 60 sec rest period | | | | | |
| LOWER BODY |  |  |  |  |  |
| 60 sec rest period | | | | | |
| ABS / CORE |  |  |  |  |  |
| 20 sec rest periods between timer before going again | | | | | |
| Cool down & stretch 3-5 mins | | | | |  |