



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	Spin Bike				
60 sec rest period					
UPPER BODY	Push ups				
60 sec rest period					
LOWER BODY	Dumbbell Squats				
60 sec rest period					
ABS / CORE	Ab crunch pulse				
60 sec rest period					
CARDIO / COMPOUND	Running				
60 sec rest period					
UPPER BODY	Bent over row				
60 sec rest period					
LOWER BODY	Squat + slam ball				
60 sec rest period					
ABS / CORE	Bell swing				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					