



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	Running				
60 sec rest period					
UPPER BODY	Step decline push ups				
60 sec rest period					
LOWER BODY	Squat twists				
60 sec rest period					
ABS / CORE	V-sit hold				
60 sec rest period					
CARDIO / COMPOUND	Spin bike – seated hill – quick as poss				
60 sec rest period					
UPPER BODY	Bell clean + press – alternate sides				
60 sec rest period					
LOWER BODY	Walking lunges – weight over head				
60 sec rest period					
ABS / CORE	Bell swing				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					