



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 / Rower				
60 sec rest period					
UPPER BODY	Chest Press				
60 sec rest period					
LOWER BODY	Step up – squat – step down - squat				
60 sec rest period					
ABS / CORE	Plank with jacks				
60 sec rest period					
CARDIO / COMPOUND	Spin Bike / Ski erg				
60 sec rest period					
UPPER BODY	Slam ball + burpee				
60 sec rest period					
LOWER BODY	Squat + 2 jacks				
60 sec rest period					
ABS / CORE	Bell swing + pause				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					