



# 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	Renegade push ups				
60 sec rest period					
LOWER BODY	Spin bike				
60 sec rest period					
ABS / CORE	Plank with bell crossover				
60 sec rest period					
CARDIO / COMPOUND	Rower				
60 sec rest period					
UPPER BODY	Ski erg				
60 sec rest period					
LOWER BODY	Heavy Squats				
60 sec rest period					
ABS / CORE	Side plank (change halfway)				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					