



# 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	Push up + shoulder tap				
60 sec rest period					
LOWER BODY	Sumo Squats				
60 sec rest period					
ABS / CORE	Rocking plank				
60 sec rest period					
CARDIO / COMPOUND	Slam ball				
60 sec rest period					
UPPER BODY	Inch worms				
60 sec rest period					
LOWER BODY	Spin Bike – Heavy hill				
60 sec rest period					
ABS / CORE	Lower leg raises				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					