



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	10 sec Sprint / 10 sec recover				
60 sec rest period					
UPPER BODY	2 x Push up into 2 x dorsal raise				
60 sec rest period					
LOWER BODY	Squat Jacks				
60 sec rest period					
ABS / CORE	Plank into push up plank				
60 sec rest period					
CARDIO / COMPOUND	Spin bike – Standing sprints				
60 sec rest period					
UPPER BODY	Alternating Front / Side raise				
60 sec rest period					
LOWER BODY	Jumping / Alternating lunges				
60 sec rest period					
ABS / CORE	Knee tuck – V sit				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					