



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 into Sprints (As time gets less)				
60 sec rest period					
UPPER BODY	Floor press + twist				
60 sec rest period					
LOWER BODY	Kneel to squat – alternate leading leg				
60 sec rest period					
ABS / CORE	Plank jacks				
60 sec rest period					
CARDIO / COMPOUND	Spin bike – seated sprints				
60 sec rest period					
UPPER BODY	Clean + Press				
60 sec rest period					
LOWER BODY	Step up + squat jump off				
60 sec rest period					
ABS / CORE	Legs at 90 crunch pulses				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					