



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 – quicker with less time				
60 sec rest period					
UPPER BODY	Pushups + bird dog				
60 sec rest period					
LOWER BODY	Heavy squat				
60 sec rest period					
ABS / CORE	Walking Planks				
60 sec rest period					
CARDIO / COMPOUND	Spin bike – standing hill				
60 sec rest period					
UPPER BODY	Bell squat & row – alternating sides				
60 sec rest period					
LOWER BODY	Bell swing + squat				
60 sec rest period					
ABS / CORE	Alternating toe reaches				
20 sec rest after each timer before starting next timer					
Cool down & stretch 3-5 mins					