**YZ45 CIRCUITS**

**HYBRID** – AMRAP = 39 MIN

(1:30 min blocks – complete 2 circuits)

|  |  |
| --- | --- |
| Warm up 3-5 mins | |
| Cardio |  |
| 40 sec rest period | |
| Upper Body |  |
| 40 sec rest period | |
| Abs / Core |  |
| 40 sec rest period | |
| Compound |  |
| 40 sec rest period | |
| Cardio |  |
| 40 sec rest period | |
| Lower Body |  |
| 40 sec rest period | |
| Abs / Core |  |
| 40 sec rest period | |
| Compound |  |
| 40 sec rest period | |
| Plyometric |  |
| 1 min recovery after 1 circuit | |
| Cool down & stretch 3-5 mins | |