



YZ45 CIRCUITS

HYBRID – AMRAP = 39 MIN
(1:30 min blocks – complete 2 circuits)

Warm up 3-5 mins	
Cardio	1:30 green Zone +
40 sec rest period	
Upper Body	1. Incline fly & press 2. Bent over row & Reverse fly
40 sec rest period	
Abs / Core	Plank with Hip twists
40 sec rest period	
Compound	Slam ball
40 sec rest period	
Cardio	1:30 yellow zone
40 sec rest period	
Lower Body	1. Wall squat hold – Narrow 2. Wall squat hold - Wide
40 sec rest period	
Abs / Core	Toe reaches
40 sec rest period	
Compound	Squat and press
40 sec rest period	
Plyometric	Long jump and jog back
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	