



YZ45 CIRCUITS

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

Warm up 3-5 mins	
Cardio	Max effort until red, recover and repeat.
40 sec rest period	
Upper Body	1. Pushups – rest when needed and continue 2. 5 bent over row & stand
40 sec rest period	
Abs / Core	Heel taps
40 sec rest period	
Compound	Team slam ball / squat – alternate between
40 sec rest period	
Cardio	Max effort until red, recover and repeat.
40 sec rest period	
Lower Body	1. Single leg bell deadlift - Left 2. Single leg bell deadlift - Right
40 sec rest period	
Abs / Core	Plank with leg walk out / in
40 sec rest period	
Compound	Squat – Clean - Press
40 sec rest period	
Plyometric	Vertical jumps - rest when needed and continue
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	