



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. Front – Side – Press - Left 2. Front – Side – Press - Right
40 sec rest period	
Abs / Core	1. Dumbbell side bend – Left 2. Dumbbell side bend – Right
40 sec rest period	
Compound	Bell swings – 20 reps & rest – repeat until time
40 sec rest period	
Cardio	Max effort until red, recover and repeat.
40 sec rest period	
Lower Body	1. Lunge & rotation - Left 2. Lunge & rotation - Right
40 sec rest period	
Abs / Core	1. Plank high 5 – Left to Left 2. Plank high 5 – Right to Right
40 sec rest period	
Compound	1. Single arm Squat – Clean – Press – Left 2. Single arm Squat – Clean – Press – Right
40 sec rest period	
Plyometric	1. Single leg vertical jumps – Left 2. Single leg vertical jumps – Right rest when needed and continue
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	