



YZ45 CIRCUITS

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

Warm up 3-5 mins	
Upper Body	Inch worm & push up rest when needed and continue
40 sec rest period	
Lower Body	Step up – Squat / Step down – Squat rest when needed and continue
40 sec rest period	
Abs	Standing Bicycle crunches – Jumping rest when needed and continue
40 sec rest period	
Core	Kettlebell swing – Alternating arm 20 reps, rest and repeat
40 sec rest period	
Upper Body	Renegade Rows 10 reps, rest and repeat
40 sec rest period	
Lower Body	Weighted Walking Lunges 20 reps, rest and repeat
40 sec rest period	
Abs	Dead-bugs rest when needed and continue
40 sec rest period	
Core	Plank hold with knee crossover 20 reps, rest and repeat
40 sec rest period	
Plyometric	Long jump and jog back 10 reps, rest and repeat
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	