



YZ45 CIRCUITS

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

Warm up 3-5 mins	
Upper Body	Chest press twists 20 reps, rest and repeat
40 sec rest period	
Lower Body	Dumbbell Squats 20 reps, rest and repeat
40 sec rest period	
Abs	Legs at 90 crunches 20 reps, rest and repeat
40 sec rest period	
Core	Kettlebell swing 20 reps, rest and repeat
40 sec rest period	
Upper Body	2 bent over row & 2 upright row 10 reps, rest and repeat
40 sec rest period	
Lower Body	1. Step split squat – Left 2. Step split squat - Right 20 reps, rest and repeat
40 sec rest period	
Abs	Saxon side bends 20 reps, rest and repeat
40 sec rest period	
Core	Plank jacks 20 reps, rest and repeat
40 sec rest period	
Plyometric	Step up & squat jump off 10 reps, rest and repeat
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	