



YZ45 CIRCUITS

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

Warm up 3-5 mins	
Upper Body	Incline Chest press twists 20 reps, rest and repeat
40 sec rest period	
Lower Body	Sumo Squats 20 reps, rest and repeat
40 sec rest period	
Abs	Crunch pulses 20 reps, rest and repeat
40 sec rest period	
Core	Kettlebell swing and pause up 20 reps, rest and repeat
40 sec rest period	
Upper Body	Standing Reverse fly 10 reps, rest and repeat
40 sec rest period	
Lower Body	1. Step Incline lunge – Left 2. Step Incline lunge - Right 20 reps, rest and repeat
40 sec rest period	
Abs	1. Dumbbell side bend – Left 2. Dumbbell side bend - Right 20 reps, rest and repeat
40 sec rest period	
Core	Rocking Plank 20 reps, rest and repeat
40 sec rest period	
Plyometric	Single leg long jump 5 reps each leg, rest and repeat
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	