



# YZ45 CIRCUITS

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

Warm up 3-5 mins	
Upper Body	Step Push ups 20 reps, rest and repeat
40 sec rest period	
Lower Body	Overhead squats 20 reps, rest and repeat
40 sec rest period	
Abs	Knee tuck Crunch pulses 20 reps, rest and repeat
40 sec rest period	
Core	Kettlebell swing and squat 20 reps, rest and repeat
40 sec rest period	
Upper Body	1. Single arm standing Reverse fly with rotation – Left 2. Single arm standing Reverse fly with rotation – Right 20 reps, rest and repeat
40 sec rest period	
Lower Body	Crab walks 20 reps, rest and repeat
40 sec rest period	
Abs	Russian twists 20 reps, rest and repeat
40 sec rest period	
Core	1. Push up plank into T – Left 2. Push up plank into T - Right 10 reps, rest and repeat
40 sec rest period	
Plyometric	Burpee tuck jump 10 reps, rest and repeat
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	