



YZ45 CIRCUITS

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

Warm up 3-5 mins	
Upper Body	Dumbbell low impact burpee & Press 10 reps, rest and repeat
40 sec rest period	
Lower Body	1. Wide squat pulses 2. Narrow squat pulses 20 reps, rest and repeat
40 sec rest period	
Abs	1. X crunch – Left to Right 2. X crunch – Right to left 20 reps, rest and repeat
40 sec rest period	
Core	Bell double swing & pause up 10 reps, rest and repeat
40 sec rest period	
Upper Body	1. Single arm bent over 2 row & 2 upright row – Left 2. Single arm bent over 2 row & 2 upright row – Right 10 reps, rest and repeat
40 sec rest period	
Lower Body	Weighted pelvic lifts 20 reps, rest and repeat
40 sec rest period	
Abs	Bird-dogs 20 reps, rest and repeat
40 sec rest period	
Core	1. Plank with hip drop - left 2. Plank with hip drop - Right 10 reps, rest and repeat
40 sec rest period	
Plyometric	Slam ball & squat jump 10 reps, rest and repeat
1 min recovery after 1 circuit	
Cool down & stretch 3-5 mins	