**YZ45 - SWITCH**

 AMRAP = 39 MIN

CARDIO – STATION X 4

(45sec on / 25 sec to change exercise – COMPLETE 4 ROUNDS BEFORE CHANGING)

|  |
| --- |
| Warm up – 3-5 mins |
| Cardio |  |
| 25 sec rest period |
| Station Upper Body |  |
|  |
| Cardio |  |
| 25 sec rest period |
| Station Lower Body |  |
|  |
| Cardio |  |
| 25 sec rest period |
| Station Ab & Core |  |
|  |
| Cardio |  |
| 25 sec rest period |
| Station Compound |  |
| 1 min recovery after each complete circuit  |
| Cool down & Stretch 3-5 mins |