



# 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	RUNNING
25 sec rest period	
Station Upper Body	1. RENEGADE ROWS 2. PUSH UPS 3. LATERAL RAISE HOLD 4. BICEP CURLS
Cardio	SPIN BIKE – HILL CLIMB
25 sec rest period	
Station Lower Body	1. KNEEL TO SQUAT TO STAND 2. WEIGHTED ALTERNATING LUNGES 3. SUMO SQUATS 4. CRAB WALKS
Cardio	SKI ERG
25 sec rest period	
Station Ab & Core	1. V SIT HOLD 2. SAXON SIDE BENDS 3. AB CRUNCH PULSE 4. PLANK
Cardio	ROWER
25 sec rest period	
Station Compound	1. DUMBBELL SQUAT & PRESS 2. DUMBBELL SNATCH – LEFT 3. DUMBBELL SNATCH – RIGHT 4. SLAM BALL
1 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	