



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	Sprints
25 sec rest period	
Station Upper Body	<ol style="list-style-type: none">1. Chest Press2. Bent Over Row3. Shoulder Press4. Tricep Dips
Cardio	Spin Bike – Standing Hill
25 sec rest period	
Station Lower Body	<ol style="list-style-type: none">1. Goblet Squats2. Weighted lunge + knee - Left3. Weighted lunge + knee - Right4. Squat jump – Wide to narrow
Cardio	Ski Erg
25 sec rest period	
Station Ab & Core	<ol style="list-style-type: none">1. Side Plank - Left2. Side Plank - Right3. Ab toe reach4. Dead-bug
Cardio	Rower
25 sec rest period	
Station Compound	<ol style="list-style-type: none">1. Slam Ball2. Burpee + Squat3. Wall squat hold with Bicep Curl4. Slam ball rugby pass
1 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	