



# 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"><li>1. Push Up + alt Knee Tap</li><li>2. Bent Over Reverse Fly</li><li>3. Alt Front / Side raise</li><li>4. Tricep push ups</li></ol>
Cardio	Spin Bike – Standing Sprint
25 sec rest period	
Station Lower Body	<ol style="list-style-type: none"><li>1. Weighted Squat + Glute Kick - Left</li><li>2. Weighted Squat + Glute Kick - Right</li><li>3. Step Curtsy lunge + squat – Left on</li><li>4. Step Curtsy lunge + squat – Right on</li></ol>
Cardio	Ski Erg
25 sec rest period	
Station Ab & Core	<ol style="list-style-type: none"><li>1. Side Plank Rotations - Left</li><li>2. Side Plank Rotations - Right</li><li>3. Floor Bicycle Crunch</li><li>4. Standing Bicycle Crunch - Quick</li></ol>
Cardio	Rower
25 sec rest period	
Station Compound	<ol style="list-style-type: none"><li>1. Team inch worm + 2 high 5</li><li>2. Burpee + jump high 5</li><li>3. Wall squat hold with dumbbell above head</li><li>4. Slam ball rugby pass</li></ol>
<b>1 min recovery after each complete circuit</b>	
Cool down & Stretch 3-5 mins	