



# 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. Step incline push up</li><li>2. Dorsal Raise</li><li>3. Arnie Press</li><li>4. Hammer Curls</li></ol>
Cardio	Spin Bike – Seated Sprint
25 sec rest period	
Station Lower Body	<ol style="list-style-type: none"><li>1. Step on – Squat – Step off - Squat</li><li>2. Step incline lunge + knee - left</li><li>3. Step incline lunge + knee - right</li><li>4. Good mornings</li></ol>
Cardio	Ski Erg
25 sec rest period	
Station Ab & Core	<ol style="list-style-type: none"><li>1. Side Plank dips - Left</li><li>2. Side Plank dips - Right</li><li>3. Russian twists</li><li>4. Flutter kicks</li></ol>
Cardio	Rower
25 sec rest period	
Station Compound	<ol style="list-style-type: none"><li>1. Dumbbell clean + press - Left</li><li>2. Dumbbell clean + press - right</li><li>3. Floor touch + vertical jump</li><li>4. Slam ball</li></ol>
<b>1 min recovery after each complete circuit</b>	
Cool down & Stretch 3-5 mins	