



# 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 Decline Push ups</li><li>2. Plank hold + Reverse Fly - Left</li><li>3. Planks hold + reverse fly - Right</li><li>4. Tricep step push ups</li></ol>
Cardio	Spin Bike – Seated Hill
25 sec rest period	
Station Lower Body	<ol style="list-style-type: none"><li>1. Step on – Squat – Squat jump off</li><li>2. Step incline lunge + knee - left</li><li>3. Step incline lunge + knee - right</li><li>4. Step Bridge</li></ol>
Cardio	Ski Erg
25 sec rest period	
Station Ab & Core	<ol style="list-style-type: none"><li>1. Ab crunch pulses</li><li>2. Ab heel taps</li><li>3. Bicycle crunches</li><li>4. Dead bugs</li></ol>
Cardio	Rower
25 sec rest period	
Station Compound	<ol style="list-style-type: none"><li>1. Single side deadlift - Left</li><li>2. Single side deadlift - right</li><li>3. Bell Swing + pause up</li><li>4. Squat + Press</li></ol>
<b>1 min recovery after each complete circuit</b>	
Cool down & Stretch 3-5 mins	