



# 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	<ol style="list-style-type: none"><li>1. Push up + shoulder tap</li><li>2. Single arm row - Left</li><li>3. Single arm row - Right</li><li>4. Alternating shoulder press</li></ol>
Cardio	Spin Bike – Seated / Standing Hill - Quick
25 sec rest period	
Station Lower Body	<ol style="list-style-type: none"><li>1. Squat Pulse – 10 + stand</li><li>2. Lunge Pulse – 10 + stand - Left</li><li>3. Lunge Pulse – 10 + stand - Right</li><li>4. Duck Walks</li></ol>
Cardio	Burpee
25 sec rest period	
Station Ab & Core	<ol style="list-style-type: none"><li>1. Team crunch + ball pass</li><li>2. Team Russian twist + ball pass</li><li>3. Lower Leg scissors</li><li>4. Bird-dogs</li></ol>
Cardio	Mountain Climbers
25 sec rest period	
Station Compound	<ol style="list-style-type: none"><li>1. Bell clean + press - left</li><li>2. Bell clean + press - right</li><li>3. Bell Swing</li><li>4. Bell Squat + Press</li></ol>
<b>1 min recovery after each complete circuit</b>	
Cool down & Stretch 3-5 mins	