



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">1. Floor Press + Twist2. Renegade – just rows3. Clean + press4. Team Tricep Dips / Hammer curls
Cardio	Spin Bike – Max effort
25 sec rest period	
Station Lower Body	<ol style="list-style-type: none">1. Dumbbell heavy squats – 5 pulses + stand2. Static curtsy lunge - Left3. Static curtsy lunge - right4. Weighted pelvic lift pulses
Cardio	Rower
25 sec rest period	
Station Ab & Core	<ol style="list-style-type: none">1. Plank with bell crossover2. Ab crunch with alternating knee in3. Butterfly crunches4. V sit + knee tuck
Cardio	Ski erg
25 sec rest period	
Station Compound	<ol style="list-style-type: none">1. Bell swing + squat2. Dumbbell snatch - left3. Dumbbell snatch - right4. Alternating arm bell swing
1 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	