



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. Inch worm + 3 push ups2. Standing – 3 reverse fly + 3 upright row3. Front raise hold4. Bicep twists
Cardio	Spin Bike – Max effort
25 sec rest period	
Station Lower Body	<ol style="list-style-type: none">1. Dumbbell 4 squats + a squat jump2. Static 4 lunge + jump - Left3. Static 4 lunge + jump - right4. Dumbbell Squat + good morning
Cardio	Rower
25 sec rest period	
Station Ab & Core	<ol style="list-style-type: none">1. Plank with jack legs2. Straight leg sit ups3. Butterfly crunches4. V sit Hold
Cardio	Ski erg
25 sec rest period	
Station Compound	<ol style="list-style-type: none">1. Bell double swing + pause up2. Bell squat + upright row - left3. Bell squat + upright row - right4. Alternating arm bell swing
1 min recovery after each complete circuit	
Cool down & Stretch 3-5 mins	