

W.O.W.

WAC ON WELLNESS

ISOLATION BLAST...FEATURING TRX AND KETTLEBELLS

Rev your metabolism with these isolated leg, arm, and core exercises using both the TRX and kettlebells. This workout will challenge your cardiovascular endurance while strengthening your body through iso-lateral movement.

TIME: 30-35 minutes

EQUIPMENT: Secured TRX strap
2-3 Kettlebells ranging from Light-medium-to heavy

INSTRUCTIONS: Be sure to warm up for 5-10 minutes. Keep your Kettlebells close to the TRX as caloric expenditure will increase the faster you work through this circuit. Use good form and ROM (range of motion). Make sure to do the same rep count on each muscle group side before moving on to the next exercise. There are three ways we suggest to get through the workout based off your fitness level.

LEVEL	ADJUSTMENT
Beginner	2 rounds 8-10 reps with a 30 second break after each exercise
Intermediate	3 rounds 12-15 reps super set TRX with KB exercise before taking a 30 second break
Advanced	3 rounds 15-20 reps taking a 45 second-1 minute long break after working through an entire round of 8 exercises

TRX:

Single leg hamstring tucks
Side plank with internal rotation
Single arm rows
Plank with single arm raise

KB (kettlebell):

Clean and press
Sumo squat to high row
Suitcase deadlift with row
Turkish get-up *8-10 reps per side for all levels

See a Personal Trainer for more detailed instructions or a demonstration.



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Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
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