

W.O.W.

WAC ON WELLNESS

STAIR CLIMBER MEETS BOSU

Estimated Time/Duration of Workout: 60 minutes.

WARM-UP

5-10 minutes on any piece of cardio equipment

EQUIPMENT NEEDED

- Stair Master
- Bosu
- Hand Weights

BEGINNER: Level 2 on stair master

INTERMEDIATE: Level 5 on stair master

ADVANCED: Level 8 on stair master

INSTRUCTIONS-

Section 1:

10 minutes on the stair master doing hill climb (example level 2)

Increase a level every minute for the first 5 mins and decrease a level for the second 5 mins

Section 2:

40 seconds for each exercise using the BOSU and hand weights

Chest fly – back resting on the blue side

Crunches – blue side up

Push-ups – black side up

Chest press – back resting on the blue side

Standing curls - on the blue side for intermediate, on the black side for advanced

Repeat Section 1:

10 minutes on the stair master doing hill climb (example level 5)

Increase a level every minute for the first 5 mins and decrease a level for the second 5 mins

Section 3:

40 seconds for each exercise using the BOSU

Squats - on the blue side for intermediate, on the black side for advanced

Lunges - on the blue side

Modified V-up crunch - on the blue side

Mountain climbers – black side up

Repeat Section 1:

10 minutes on the stair master doing hill climb (example level 5)

Increase a level every minute for the first 5 mins and decrease a level for the second 5 mins

Finisher:

2 minutes steady pace on stair climber x 20 squats off of the stair master



BY TARA MARKLE

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



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow