

W.O.W.

WAC ON WELLNESS

GYM TOY BLAST...FEATURING TRX AND KETTLEBELLS

Directions:

Rev your metabolism with these compound exercises using both the TRX and kettlebells. This workout will challenge your cardiovascular endurance while strengthening all your major upper, lower, and core muscle groups.

TIME: 30-35 Minutes

Equipment:

Secured TRX strap and 2-3 kettlebells ranging from light to 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	Adjustments
Beginner	2 rounds 8-10 reps taking a 30 second break after each exercise
Intermediate	3 rounds 12-15 reps superset TRX with kettlebells 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:

Bridge with Hip Abductions
Atomic Push-ups
Mountain Climbers
Squat to one arm pull

Kettlebells:

One arm swings
Deadlift to upright row
Lateral lunge with upright row
Sumo squat with over head press

Our back muscles help with posture, so it is extremely important to strength train them at least once per week!



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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