



WAC ON WELLNESS

HIIT FOR HEART HEALTH

Warm Up: 5 minutes on the Rowing Machine
40 second moderate row, 20 seconds all out – 5x

Equipment:

Dumbbell
Medium-Difficult Resistance Band
Mat
Bosu

Interval: combine strength & cardio intervals

- Perform each exercise for 45 seconds, 15 second recovery
- RPM goal: 75%-90% above resting heart rate
- Beginner 2x through; Moderate to Advanced 3x through the circuit

Plank Jack with Push Up
Frog Squat holding a dumbbell
Resistance Band upright row
Split Squat into rear leg lift (right side then left)
Pop Squats
Plank knee taps
Wall sit with dumbbell oblique twist
Bosu toe taps

Finisher: Ab Burnout

Perform 1 minute of each exercise with minimal rest in between

Pilates 100
Bicycle crunches
Single Leg Stretch (or single leg lifts)
Bicycle crunches
Leg lifts (both legs together)



AMELIA TOPORSH
WAC Downtown
Personal Trainer
atoporsh@thewac.com



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
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