

W.O.W.

WAC ON WELLNESS

SUMMER SIZZLING SEVEN

Test your endurance as well as your strength with this High Intensity Interval Training (HIIT) workout. This routine will help you find your sweat and find your best shape or self for the summer!

TIME: 30-35 minutes

EQUIPMENT: One set of Dumbbells and one Kettlebell at the appropriate skill level listed below. If some exercises still seem easy, feel free to increase weight to an appropriate, yet still safe skill level.

INSTRUCTIONS: Complete 1 rep of each exercise in the list. Then 2 reps of each. Then 3, 4, 5 and so on until you're up to 7 reps of each exercise. Then work your way back down (6,5,4,3,2,1). For unilateral exercises, be sure to do both sides before moving on to the next exercise. Take rest periods as you need and for as long as you need, but the goal is to complete the entire complex as fast as possible (WHILE MAINTAINING CORRECT FORM!). Also, be sure to include a 5-10 minute warm up and cool down with this workout.

LEVEL	ADJUSTMENT
Beginner	15lb Dumbbells, 25lb Kettlebell
Intermediate	20lb Dumbbells, 35lb Kettlebell
Advanced	30-35lb Dumbbells, 40lb Kettlebell

Split Squats

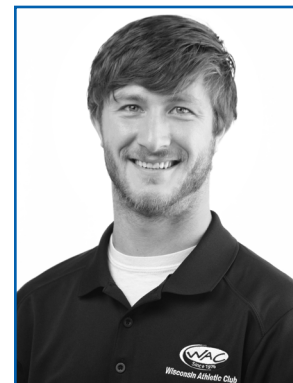
Renegade Rows (without pushup portion)

Overhead Press

Kettlebell Swings

Pushups (advanced stage do clapping pushups)

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.
www.thewac.com/wow