

W.O.W.

Workout of the Week

BARBELL CALORIE BLASTER

This is a great full body workout designed to keep your metabolism elevated while working all the muscles of the body, maximizing your calorie burn!

Time: 45 minutes

Equipment: Barbell

Instructions: Try not to put the barbell down for the entire circuit and complete all exercises with as little rest as possible in between.

Level	Adjustments
Beginner	2 sets of 10-12 reps
Intermediate	2-3 sets of 12,10,8 reps
Advanced	3 sets of 12,10,8 reps and add cardio between sets

Deadlift
High Pull
Stiff-leg Deadlift
Bent over row
Clean
Push-press
Squat
Lunge
Pulse squat
Barbell push-up
Plank with leg drive

Options: To increase the intensity you can complete a cardio circuit between the barbell complex instead of resting. Example: 40 jumping jacks, 10 burpees, 40 mountain climbers.

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



By Craig Hoxie
Wisconsin Athletic Club Director of Fitness
choxie@thewac.com



Wisconsin Athletic Club

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