

# W.O.W.

## Workout of the Week

### BODYWEIGHT BASICS ON THE BOSU

Build core strength and balance, perfect to pair after 20-30 minutes of cardio (treadmill, cycle class, etc.)

**Time:** 30-45 minutes

**Equipment:** BOSU

**Instructions:** Complete the following circuits according to your level of fitness.

Level	Adjustments
Beginner	1-2 sets of 15 reps
Intermediate	2-3 sets of 12 reps
Advanced	3-4 sets of 12-15 reps



By Julie Crowley  
Wisconsin Athletic Club Director of Group Fitness  
jcrowley@thewac.com

**Circuit 1** - Complete all sets before moving on to the next circuit.

1. Squat jumps – on and off blue side
2. Push-ups with alternating knee drive – hands on black side

#### Circuit 2

1. Alternating forward lunge – front foot steps on blue side
2. Opposite elbow to knee crunch (right then left) – middle of back on blue side

#### Circuit 3

1. Up and overs/lateral hops – on blue side
2. Triceps tilt with knee tuck – forearms on black side

#### Circuit 4

1. Stationary lunge (right then left) – back foot on blue side
2. Reverse burpee – on blue side

#### Circuit 5

1. Stiff leg deadlift – on black side
2. Side plank (right then left) – feet stacked on blue side

**Options:** To add more cardio and increase the intensity of the workout, add a 3 minute run/jog on the treadmill in between each circuit.

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



**Wisconsin Athletic Club**

Always consult your physician before starting any exercise program.  
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