

W.O.W.

Workout of the Week

BEACH BOD BIKE INTERVAL

This workout is designed to get you ready for the beach. The cardio segments will burn away fat while the push-ups and sit-ups will tone your upper body.

Time: 45-50 minutes



By Craig Hoxie

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| Level | Adjustments |
|--------------|------------------------------|
| Beginner | -1 Perceived Exertion |
| Intermediate | Use Perceived Exertion Below |
| Advanced | +1 Perceived Exertion |

| Rate Perceived Exertion (RPE) | | Heart Rate |
|-------------------------------|---|------------|
| 10 | Max Effort Activity - Feels almost impossible to keep going. Completely out of breathe, unable to talk. | 90% |
| 9 | Very Hard Activity - Very difficult to maintain exercise intensity. Can barely breathe & speak a single word. | 90% |
| 7-8 | Vigorous Activity - On the verge of becoming uncomfortable. Short of breath, can speak a sentence. | 80% |
| 4-6 | Moderate Activity - Feels like you can exercise for hours. Breathing heavily, can hold a short conversation. | 70% |
| 2-3 | Light Activity - Feels like you can maintain for hours. Easy to breathe & carry on a conversation. | 60% |
| 1 | Very Light Activity - Anything other than sleeping, watching TV, riding in car, etc. | 50% |

| Time (Minutes) | Activity | RPE |
|----------------|--------------------------|------|
| 5 | Warm-up | 2-3 |
| 3 | Cycle | 4-6 |
| - | 15 Push-ups & 15 Sit-ups | - |
| 3 | Cycle | 7-8 |
| - | 12 Push-ups & 12 Sit-ups | - |
| 3 | Cycle | 9 |
| - | 9 Push-ups & 9 Sit-ups | - |
| 3 | Cycle | 9-10 |
| - | 9 Push-ups & 9 Sit-ups | - |
| 3 | Cycle | 9 |
| - | 12 Push-ups & 12 Sit-ups | - |
| 3 | Cycle | 7-8 |
| - | 15 Push-ups & 15 Sit-ups | - |
| 3 | Cycle | 4-6 |
| 5 | Cool-down | 2-3 |

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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