

W.O.W.

Workout of the Week

PLANKTASTIC

Strengthen and sculpt your core muscle groups as you test your stamina with this timed set, perfect to add after a cardio workout (treadmill, elliptical, Zumba, Cycle, etc.)

Time: 15 minutes

Instructions: Complete each exercise for as many reps as you can in 30 seconds. Adjust your time according to your level of fitness. Rest for 15 seconds and quickly move to next exercise.

Level	Adjustments
Beginner	30 seconds
Intermediate	45 seconds
Advanced	60 seconds

1. Standard Plank
2. Lying Hip Bridge
3. Up/Down Plank
4. Alternating Lying Leg Raises
5. Plank Toe Touches
6. Push-Ups
7. Lying Knee Tucks
8. Mountain Climbers
9. Side Plank Left
10. Hip Lifts - Lying on back with legs in air, lift hips off ground and bring back down
11. Side Plank Right
12. Seated Twist
13. Hip Dip with Forearm Plank
14. Plank with Alternating Arm Reach
15. Lying Bicycle Crunches

Cool-Down: Child's Pose

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



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Wisconsin Athletic Club

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