

# W.O.W.

## Workout of the Week

### BODYWEIGHT BLAST AWAY

**Time:** 30-45 minutes

**Instructions:** Complete each exercise for 30 seconds - back to back - with 45 second rest after circuit; repeat each circuit 3x, trying to get as many reps as possible each time.

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

1. Burpee
2. Squat with Lateral Leg Raise
3. Push-Up
4. Bridge with Leg Lift

#### Circuit 2

1. Mountain Climbers
2. Up-Down Plank
3. Sumo Squat
4. Forward Kicks

#### Circuit 3

1. Push-Up Jacks
2. Alternating Forward Lunges
3. Superman Hold
4. Bicycle Crunches

#### Circuit 4

1. High Knees
2. Clock Lunges (Lunging In All Direction) - Right Then Left
3. Reverse Plank
4. Diamond Push-Up

**Options:** For added intensity, increase the time to 1 minute per exercise. To decrease the intensity, work at a slower pace and only repeat 2 times.

*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.  
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