

# W.O.W.

## Workout of the Week

### SUNS OUT GUNS OUT DUMBBELL WORKOUT

If you are looking to sport the sleeveless shirt this summer this workout is for you. This arm heavy workout will have you sculpted and ready to go!

**Time:** 30-45 minutes

**Equipment:** Dumbbell

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



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**5 Minute Warm-Up:** Use any cardio equipment

Bench Press  
Curl  
Bentover Row  
Overhead Tricep Extension  
Lateral Raise  
Hammer Curl  
Incline Flys  
Kickbacks  
Rear Raises  
Curl  
Overhead Tricep Extension  
Hammer Curl  
Kickbacks

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



**Wisconsin Athletic Club**

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