

W.O.W.

Workout of the Week

LEG TONER

If you want short-ready legs this summer you need to add this workout to your weekly routine!

Time: 30-45 minutes

Equipment: Dumbbells

Instructions: Complete exercises a and b back to back with as little rest as possible. After they are complete 2-3 sets move onto the next pair. Once you have completed the Hi/Lo combo lifts do the Bodyweight finisher.

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

Warm-Up: 5 minutes on any cardio piece

- a. 12 Barbell Squats
- b. 24 Jump Squats

- a. 12 Straight Leg Deadlifts
- b. 24 Stability Ball Leg Curls

- a. 12 Reverse Lunge (Each Leg)
- b. 24 Lateral Step-Ups on the Bench

- a. 12 Machine Leg curls
- b. 24 Speed Skaters

Bodyweight Finisher Instructions: Do each exercise for 1 minute with as little rest as possible in between

- Sumo Squat Jumps
- Pogo hops – Left leg
- Explosive Jumping Jacks
- Pogo Hop – Right Leg
- Triple Jump Burpee

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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