

W.O.W.

Workout of the Week

TRX

Strengthen your entire body and build balance with one tool! A great compliment to your 15-30 minute cardio workout (bike, elliptical, treadmill, etc)

Time: 30 minutes

Equipment: TRX

Instructions: Complete the following circuits according to your level of fitness.

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

- a. Incline Push-Ups
- b. Incline Horizontal Pull-Ups

- a. Biceps Curls - leaning back, curling to above head
- b. Triceps Extensions - handles at eye level bending to forehead

- a. Bear Hugs - switching top arm each time
- b. One Leg Squats - holding handles leaning back, other leg up and in front, squat

- a. One Leg Lunge Dips - one foot in the straps in back of you(straps on the laces), other leg is lunging
- b. Hip Raises - lying on back with heels in straps, legs at 90 degrees, hips as high as you can with hands on the ground

- a. Plank Tuck-Ups - laces in straps facing down, start in plank then pull knees to elbows
- b. Oblique Twists - using both handles leaning to the side, pull one side to the other, twisting the torso

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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