

# W.O.W.

## Workout of the Week

### BODY BAR AND BAND CIRCUIT

Mix cardio and toning with two gym toys for a fun new circuit!

**Time:** 30-40 minutes

**Equipment:** Body Bar  
Band

**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 |



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

1. Body bar good morning - bar rests on neck
2. Body bar overhead triceps extension
3. Body bar jumping jacks -press bar overhead - 1 minute

#### Circuit 2

1. Body bar & band biceps curl - add band to ends of bar
2. Body bar & band bent over rows - add band to ends of bar
3. Band front raises
4. Split lunge jumps - 1 minute

#### Circuit 3

1. Band lateral walks - complete reps for each side
2. Band lateral raises
3. Lateral hops - jump over bar on ground - 1 minute

#### Circuit 4

1. Walking lunge with body bar twist - hold bar at waist - complete reps for each side
2. Band biceps curl - to opposite shoulder
3. Toe taps - tap bar on ground - 1 minute

*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