

W.O.W.

Workout of the Week

CARDIO HIIT

Test your cardiovascular threshold and muscular endurance by using only your bodyweight in this interval style workout.

Time: 18-24 minutes

Instructions: Complete 3-4 sets of the following intervals, 30 seconds each exercise – pushing for max heart rate on the third exercise. Adjust your time according to your level of fitness.

Level	Adjustments
Beginner	30 seconds
Intermediate	45 seconds
Advanced	60 seconds



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

1. Squat jump squares: squat jump center, squat jump to front corner, squat jump to back corner, squat jump to other back corner, squat jump to front corner, switch directions
2. Burpees with lateral plank jumps: do a burpee and in plank, jump side to side and finish burpee
3. High knee run
4. Rest or hold plank

Circuit 2

1. Burpee with tuck jump
2. Lunge back kicks: lunge backwards, step forwards kick and touch toe with opposite hand
3. High knee run
4. Rest or hold plank

Circuit 3

1. Lateral ski jumps with squat jump: jump laterally, then squat jump then lateral jump to other side, repeat
2. Mountain climber push-ups: bring leg to same side elbow while going into push up, raise back up and place foot back, alternate knees
3. High knee run
4. Rest or hold plank

Options: Remove jumps and just squat and step; step back into burpees, add 30 seconds of recovery in between exercises as needed.

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



Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
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