

W.O.W.

Workout of the Week

TRIFECTA SUPER CIRCUIT

This workout is a great combination of cardio and strength. It will keep your heart pumping and calories burning while helping you build strength.

Time: 30-40 minutes

Equipment: Weight Plate
Dumbbells

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

Level	Adjustments
Beginner	1-2 sets of 10-15 reps
Intermediate	2-3 sets of 15-20 reps
Advanced	3-4 sets of 20-25 reps

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

1. Body weight Squats
2. Mountain Climbers - Each leg
3. Plank - 1 minute

Circuit 2

1. Overhead Walking Lunge - each leg (Hold weight plate above head)
2. Push ups
3. Dumbbell Thruster (Squat to shoulder press)

Circuit 3

1. Pull ups (Assisted if needed)
2. Bench Tricep Dips
3. Flutter kick abs - Each leg

If You Dare...Circuit 4

Reps: 10-9-8-7-6-5-4-3-2-1 and then back up to 10

1. Dumbbell deadlifts
2. Dumbbell swings

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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