

W.O.W.

Workout of the Week

THE GLUTE GLADIATOR

If you are looking for buns of steel this workout is for you!

Time: 25-30 minutes

Equipment: Dumbbells

Instructions: Complete all of the sets of each exercise before moving on to the next exercise.

Level	Adjustments
Beginner	2 sets of 10 reps
Intermediate	2-3 sets of 12-15 reps
Advanced	3 sets of 20 reps

Dumbbell Deadlift
High Box Alternating Step Ups
Goblet Squat
Dumbbell Pulse Lunge: Right
Dumbbell Pulse Lunge: Left
Dumbbell Alternating Curtsey Lunge
Stability Ball Bridge Lift
Stability Ball Hamstring Curl

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.
www.thewac.com