

W.O.W.

Workout of the Week

TOTAL BODY TRANSFORMATION

This is a great full body workout!

Time: 30-40 minutes

Equipment: Stability Ball
Dumbbell

Instructions: Complete Circuit 1, rest 1 minute and then complete Circuit 2. If you still have energy go for the finisher!

Level	Adjustments
Beginner	30 Seconds
Intermediate	45 Seconds
Advanced	1 Minute



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

1. Squat jump
2. Football run in place
3. Low side steps
4. Long jumps
5. Mummy kicks

Circuit 2

1. Stability ball roll outs (on knees) 20 times
2. Stability ball roll in (laying prone over ball, bending knees into chest) 20 times
3. Stability ball plank
4. Stability ball crunch 25 times each way
5. Wall sit

Finisher

1. Dumbbell swing (like kettle bell swing)
2. Jumping Jacks
3. Burpee Push ups
4. Recovery...Stork stand 30 seconds (right), 30 seconds (left)

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