

W.O.W.

Workout of the Week

JUST 1 MORE

Combining cardio and weights is a great way to get in shape. Weight training between 2 rounds of cardio is the perfect fitness sandwich!

Time: 35-45 minutes

Equipment: Treadmill
TRX
Dumbbells

Instructions: Compete the .5 mile run or walk. After you finish the run complete all of the exercises in a row with as little rest as possible. Finish up with another .5 mile run or walk.



By Krista Lamb
WAC Waukesha Personal Trainer
klamb@thewac.com

Level	Adjustments
Beginner	11 reps each exercise
Intermediate	21 reps each exercise
Advanced	31 reps each exercise

.5 mile run/walk
Squat Jumps
Push ups
TRX Knees-to-Chest
Overhead Lunges
Sit ups
Pull ups
Dips
Burpees
1 minute Plank
.5 mile run/walk

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