

W.O.W.

Workout of the Week

BOX ON BOX OFF

This program uses time-based intervals to maximize results. No counting reps here!

Time: 35-45 minutes

Equipment: Plyo Box or Step
Dumbbells

Instructions: Complete each exercise for the allotted time and then move onto the next. You can add a 10-15 second rest in-between exercise if you need it.

Level	Adjustments
Beginner	30 seconds
Intermediate	45 seconds
Advanced	60 seconds

Box on

Step up - each leg
Incline Push up
Tricep Dip
Decline Push up
Step up and Curl - each leg
Split Jump

Box Off

Jumping Jacks
Crunches
Squats
Jump Squats
Plank
Side Crunch (Each Side)
High Knee Run
Superman
Bicycle Crunch
Leg Lift
Speed Skater
Dumbbell Bicep Curl
Dumbbell Overhead Tricep Extension



By **Anthony Erlandson**

WAC Menomonee Falls Personal Trainer
aerlandson@thewac.com

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