

W.O.W.

Workout of the Week

STRETCH & TONE

Build full-body strength, tune up your balance and stretch your muscles.

Time: 30-40 minutes

Equipment: None

Instructions: Complete the series 3 times, increasing time for a more advanced workout.

Level	Adjustments
Beginner	30 seconds
Intermediate	45 seconds
Advanced	60 seconds

Moving Chair Pose
Tree Pose
Pulsing High Lunge - each leg
Down Dog
Plank With Alternating Single Arm Row
Child's Pose
Moving Push up/Down Dog Combination
Side Plank - each leg
Dancer - each leg

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