

# W.O.W.

## Workout of the Week

### TRIPLE B (BURPEES, BUTTS & BICEPS)

**Time:** 30-60 minutes

**Equipment:** Dumbbells  
Resistance Band

**Instructions:** Complete each circuit before moving onto the next circuit. Jumping can be eliminated for an easier workout.

Level	Adjustments
Beginner	2 sets of 10-12 reps
Intermediate	2-3 sets of 12-15 reps
Advanced	3-4 sets of 15-20 reps



By Jackie Geib  
WAC West Allis Personal Trainer  
jgeib@thewac.com

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

1. Burpees
2. Squat jumps
3. Squat with hammer curl

#### Circuit 2

1. Burpees with tuck jump
2. Reverse lunges (holding onto DB)
3. Band curls (anchored on feet, elbows at 45 degree angle against body)

#### Circuit 3

1. Burpees with box jump
2. POGO hops left leg, then right leg
3. Reverse rows (band anchored and palms facing up)

#### Circuit 4

1. Burpees with plank jack
2. 1 leg bridges (left leg up then right leg)
3. Sumo squat with curl (use one heavy weight, hold end of weight in each hand)

#### Circuit 5

1. Triple burpee (regular, diagonal right, diagonal left)
2. Speed squats (with or without DB)
3. Front shoulder raises with DB (palms facing up)

#### Optional Cardio Circuit

(30 sec of each exercise, little to no rest between)

1. Lunge jumps
2. 180 jumps
3. Single leg hops (side to side)
4. Plank with leg lift (left leg)
5. Plank with leg lift (right leg)
6. Burpees with plank twist

*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