

W.O.W.

Workout of the Week

KILLER CARDIO CIRCUIT

Time: 20-30 minutes

Equipment: Cones

Instructions: Place two cones or markers 10 yards apart and complete the following circuit taking a 40 second rest after each round. This workout is ideal for an outdoor track or fieldwork.

Level	Adjustments
Beginner	1-2 times through circuit
Intermediate	2-3 times through circuit
Advanced	2-4 times through circuit

20 Body Weight Squats
Jog 10 yards
20 Jumping Jacks
Crab Walk Toe Touch 10 yards
15 (each leg) High Knee Running in Place / 15 Tuck Jumps
High Knee Carioca 10 yards (Right)
15 Push-ups
High Knee Carioca 10 yards (Left)
15 (each leg) Single Leg Butt Kicks / 15 Butt Kicks
Side Shuffle 10 yards (Right)
15 (each leg) Plank Knee Drives
Side Shuffle 10 yards (Left)
Back Peddle 10 yards
Sprint 10 yards

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