

# W.O.W.

## Workout of the Week

### SUMMER FUN PARK WORKOUT

**Time:** 20-60 minutes (Depending on level.)

**Instructions:** Complete all of the exercises in each circuit before moving to the next one.

| Level        | Adjustments |
|--------------|-------------|
| Beginner     | 1 set       |
| Intermediate | 2 sets      |
| Advanced     | 3 sets      |



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

1. Bulgarian Split Squat (Rear foot on bench or picnic table) x 10 per leg
2. Pull Up x AMRAP (As Many As Possible)  
*Beginner* - Jump Up and slow on the way down for 10 reps
3. Plank Up (Also called up and down plank) x 10 per side (One arm leads at a time)
4. Squat Jump x 20
5. 3-5 minute jog
6. Rest 60 seconds and repeat

#### Circuit 2

1. Step Up Jumps x 10-15 per side  
Foot on bench, switch in mid-air, landing with other foot on bench
2. Bench Push Ups x 10-15  
*Advanced* - feet on bench
3. Hanging Knee Raise x 10-15 (Hang on monkey bars or tree branch)
4. Skater Plyo x 20 per side
5. 3-5 minute jog
6. Rest 60 seconds and repeat

#### Circuit 3

1. Step Up + Knee Drive + Reverse Lunge x 10 - 15 per side
2. Sprint 30 yards and back
3. Inverted Row x AMRAP (As many reps as possible, typically done on any horizontal bars you can find outside at a playground or use a TRX.)
4. Sprint 40 yards and back
5. Cross Body Mountain Climbers (Hands on bench) x 10-15 per side
6. Sprint 50 yards and back

**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