

W.O.W.

Workout of the Week

CARDIO CORE POWER

Time: 30-60 minutes

Equipment: Treadmill
Dumbbells

Instructions: Complete all of the exercises in Part A. Rest 1 – 2 minutes and complete all the exercises in part B.

Level	Adjustments
Beginner	Walk on the Treadmill
Intermediate	Jog on the Treadmill
Advanced	Run on the Treadmill



By Alicia Huddleson
WAC Wauwatosa Personal Trainer
ahuddleson@thewac.com

PART A - Cardio Conditioning

25 weighted squats

5 minutes on treadmill at 5% incline - run/jog (3.0 mph or faster)

20 weighted squat -> Hammer Curl -> Shoulder Press

5 minutes on treadmill at 10% incline - jog/walk (3.5 mph or faster)

15 weighted squat -> Hammer Curl -> Shoulder Press -> Renegade Rows

5 minutes on treadmill at 15% incline - walk (4.0 mph or slower)

10 weighted squat -> Hammer Curl -> Shoulder Press -> Renegade Rows -> Push-up -> Plank Jack

PART B - Core Circuit Finisher

60 second Toe Touches

60 second Supermans

60 second Suitcase Crunches (each side)

30 second Leg Lowers

30 second Plank

30 second Russian Twists

10 reps V-Ups

10 reps Superman Push-ups

10 TwisterZ (Russian Twist - accumulating 1 tap per side each time)

Options: For non-treadmillers - substitute resistance on a bike or elliptical for the incline on the treadmill.

EXTRA CREDIT: Make a “workout sandwich” by doing Part A, Part B, Part A.

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