

W.O.W.

Workout of the Week

FUNCTIONAL FUN

Time: 15-60 minutes

Instructions: Complete all of the exercises in a row with as little rest as possible in-between exercises. Rest 1 minute between each circuit.

Level	Adjustments
Beginner	1 set - 30 seconds each exercise
Intermediate	2-3 sets - 45 seconds each exercise
Advanced	3-4 sets - 60 seconds each exercise



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

Body Weight Squats
Push Ups
Supine Rows

Circuit 2

Down Dog Push Ups
Curtsey Lunge - alternating from right to left leg
Walking Plank (Up/Down Plank)

Circuit 3

Bear Crawl
Triceps Dips
Lateral Lunge - alternating from right to left leg

Circuit 4

Get Ups
Inch Worm
Bicycle Crunches

Circuit 5

Break Dancer
Full Sit Up

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