

W.O.W.

Workout of the Week

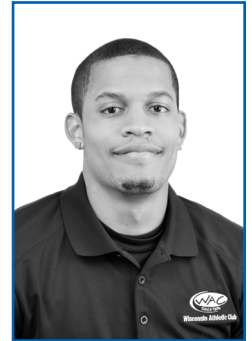
THE DIRTY THIRTY

Time: 30-45 minutes

Equipment: Dumbbells

Instructions: Perform each exercise for 30 reps.

Level	Adjustments
Beginner	Cut all reps in half (15)
Intermediate	Use body weight only with only a minute recovery in between each exercise. Try and complete within 45 minutes to an hour at max
Advanced	Use 10/15 pound dumbbells with 15/30 second rest in between each exercise. (Only for the exercises that can be performed with weight)



By Kaz Duran
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1. Burpees
2. Retro Lunge to Step Up
3. Seated Squat Jumps
4. Push Ups
5. Dips
6. Squat to Lateral Step Ups
7. Jumping Jacks
8. Mountain Climbers (30 each leg)
9. Cross Over Lunges
10. Single Leg Squats
11. Tuck Jumps
12. Renegade Rows (30 total)
13. Cycled Squat Jumps
14. Box Jumps
15. Walking Planks (30 total)

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