

# W.O.W.

## Workout of the Week

### LEGS OF STEEL

**Time:** 30-45 minutes

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

Level	Adjustments
Beginner	Complete each circuit 1-2 times
Intermediate	Complete each circuit 3-4 times
Advanced	Complete each circuit 3-5 times



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#### Circuit 1

Sumo Squat 20 reps  
Sumo squat jump landing on tip-toes 30 seconds  
Squats 20 reps  
Squat jumps 30 seconds

#### Circuit 2

Split squats 20 each side  
Split squat jumps lead leg right 30 seconds  
Split Squat pulse 20 each side  
Split squat jumps lead leg left 30 seconds

#### Circuit 3

Lateral lunge and kick 20 reps each side  
Lateral leap touchdown jumps 30 seconds  
Lateral lunge pulse 20 reps each side  
Skater jumps 30 seconds

*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