

# W.O.W.

## Workout of the Week

### PUMP IT UP

**Time:** 45-60 minutes

**Equipment:** Barbell  
Dumbbell  
Bench  
Medicine Balls

**Instructions:** Complete the following reps and sets below for each exercise.



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#### Pause Back Squat

Level	Adjustments
Beginner	4 x 12 (Body Weight with Pause)
Intermediate	4 x 12-12-10-8 (50-70% 1 RM)
Advanced	4 x 6-6-4-4 (65%-80% 1RM)

#### Isometric Push-Up Hold

Level	Adjustments
Beginner	4 x 10 seconds
Intermediate	4 x 20 seconds
Advanced	4 x 30 seconds

#### Wall Balls

Level	Adjustments
Beginner	4 x 20 seconds
Intermediate	4 x 30 seconds
Advanced	4 x 45 seconds

#### Mountain Climbers to Plank Jacks

Level	Adjustments
Beginner	4 x 20 Mountain climbers ► 20 seconds Plank Jacks
Intermediate	4 x 30 Mountain climbers ► 30 seconds Plank Jacks
Advanced	4 x 40 seconds Mountain climbers ► 40 seconds Plank Jacks

#### Elevated Split Squat

Level	Adjustments
Beginner	Body Weight Split Squat 4 x 8
Intermediate	Suitcase Split Squat 4 x 6/leg
Advanced	Elevated Suitcase Split Squat 4 x 6/leg

#### Wide-Grip to Shoulder-Width Grip to Narrow-Grip Pull Ups

Level	Adjustments
Beginner	4 x 2 Wide Grip- 3 Shoulder-width-2 Narrow Grip (Machine assisted, rest between grips)
Intermediate	4 x 2 Wide Grip- 3 Shoulder-width-2 Narrow Grip (Rest between grips)
Advanced	4 x 3 Wide Grip-3 Shoulder-width-3 Narrow Grip (No rest between grips)

#### Flat Bench

Level	Adjustments
Beginner	4 x 10 Body weight or Elevated Push up
Intermediate	4 x 12-12-10-10 (50-70% 1 RM)
Advanced	5 x 5 (65%-80% 1 RM)

#### Dumbbell Bent-Over Row

Level	Adjustments
Beginner	4 x 20 seconds/arm (50% 1 RM, AMRAP)
Intermediate	4 x 30 seconds/arm (50% 1 RM, AMRAP)
Advanced	4 x 40 seconds/arm (50% 1 RM, AMRAP)

*See a Personal Trainer for more detailed instructions or a demonstration.*



**Wisconsin Athletic Club**

Always consult your physician before starting any exercise program.  
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