

W.O.W.

Workout of the Week

25/10/25 CIRCUIT

Time: 20-45 minutes

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

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



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Circuit 1

25 jumping jacks
25 mountain climbers
25 high knees

Circuit 2

10 squats
10 push-ups
10 lunge runs
10 staggered push-ups
10 1 legged squat(each leg)
10 push up planks

Core Cool-Down

25 Russian twist
25 bicycles
25 flutter kicks

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