

W.O.W.

Workout of the Week

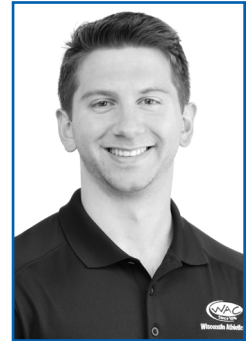
COMPLETE CORE WORKOUT

Time: 15-45 minutes

Equipment: Resistance Band
Bodyweight

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

Level	Adjustments
Beginner	1 Set of each Circuit
Intermediate	2 Sets of each Circuit
Advanced	3 Sets of each Circuit



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Circuit 1

1. Lateral Core Rotation (cable machine or resistance band) - 10 reps each side
2. Bicycle Kicks and Crunch – maximum reps in 30 seconds
3. Front Forearm Plank (on knees or toes) – 1 to 2 minutes
4. Rest 1 minute

Circuit 2

1. Superman Hold and Release – 5 second hold, 15 reps
2. Reverse Sit Ups (on back, tuck knees to chest) – 15 reps
3. Straight Arm Plank with Alternating Leg Raise – 30 seconds to 1 minute
4. Superman Hold – 30 seconds
5. Rest 1 minute

Circuit 3

1. Side Crunches with Leg Raise – 20 reps each side
2. Side Forearm Plank (on lower leg knee or feet) – 30 seconds to 1 minute
3. Alternating Heel Reach and Touch (in sit up position) – maximum reps in 1 minute
4. Front and Side Forearm Plank Rotation – 30 seconds to 1 minute
5. Rest 1 minute

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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