

W.O.W.

Workout of the Week

HOLIDAY PLATE WORKOUT

Time: 30-45 minutes

Equipment: One 25lb plate

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

Level	Adjustments
Beginner	1-2 times through all sets
Intermediate	2-3 times through all sets
Advanced	3-4 times through all sets



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Circuit 1 - Legs

Plate Squats x 20
Body weight Lunge jumps x 20
Plate lunges x 20 each side
Body weight Squat Jumps x20 (bonus: hold plate)

Circuit 2 - Upper Body

Plate Overhead Press x 15
Body weight Pushup Burpees x 15
Plate 1 Arm Bent Row x 15 each side
Body weight Tricep Dips x 15 (bonus: plate on lap)

Circuit 3 - Core

Plate Sit Ups x 10
Body weight Alternate V-up x 10 each side
Plate Side Bends x 10 each side
Bodyweight Plank x 1 minute (bonus: plate on back)

Bonus - Nutrition Holiday Plate Challenge

Over the holidays, aim for $\frac{1}{2}$ your plate to be full of veggies, $\frac{1}{4}$ for lean protein and $\frac{1}{4}$ any type of carbohydrate!

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