

W.O.W.

Workout of the Week

SURVIVING THE HOLIDAYS

This workout will give an energetic jolt to your cardio system and keep you focused throughout the holidays to remain fit while enjoying special time with family and friends.

Time: 20-30 minutes

Equipment: None

Instructions: This is a Christmas Tree (Pyramid) workout. Start at the base of the tree and work your way to the top – take 30 second rest in between each level of the tree.



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Level	Adjustments
Beginner	Cut the reps in half and go up to the top of the tree and back down
Intermediate	Do full set of reps and go up to the top of the tree and back down
Advanced	Double the reps and go up to the top of the tree and back down

Base of the Tree - 10 reps each

Hand Release Push Ups
Jumping Jacks
Reverse Snow Angels
Single Leg Sit to Stand (One side first, then other side)
High Knees (one rep equals both knees)

Level II - 20 reps each

Hand Release Push Ups
Jumping Jacks
Reverse Snow Angels
High Knees

Level III - 30 Reps Each

Hand Release Push Ups
Jumping Jacks
High Knees

Level IV - 40 Reps Each

Jumping Jacks
High Knees

Top of the Tree - 50 Reps

High Knees

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