

W.O.W.

Workout of the Week

HOLIDAY LIFT

Time: 30-60 minutes per day

Equipment: Barbell
Dumbbells

Instructions: On weight training days, aim to perform 45 minutes of weight training exercises. Execute 3 sets of 8-12 reps at a weight that is challenging for you. On cardio days, perform 20 to 45 minutes of a type of cardio that you prefer. Sunday, or one day of the week, needs to be a rest day. Win the war on holiday weight gain. Take the necessary steps to make the most of the holiday season, while managing to stay on track with your fitness. Remember to always be good to your body...and it will be good to you in return.



By Janet Merk
WAC North Shore Personal Trainer
jmerk@thewac.com

Monday - Legs

- Lunges
- Leg Extensions
- Leg Curls
- Thigh Abductor
- Thigh Adductor

Tuesday - Shoulders & Traps

- Dumbbell Shoulder Press
- Barbell Shrugs
- Lateral Raises
- Front Dumbbell Raises
- Rear Delt Raises

Wednesday - Abs & Fun Cardio

- Hanging Leg Raises
- Bicycles
- Decline Sit-Ups
- Ab Crunch Machine
- 45 Minutes Of Cardio

Thursday - Legs

- Lunges
- Hack Squats
- Romanian Deadlifts
- Calf Raises
- Leg Extensions
- Leg Curls

Friday - Chest & Biceps

- Bench Press
- Dumbbell Flyes
- Pushups
- Preacher Curls
- Cable Curls
- Dumbbell Bicep Curls
- Barbell Curls

Saturday - Back & Fun Cardio

- Bent Over Barbell Row
- Seated Cable Row
- One-Arm Dumbbell Row
- Hyperextensions
- 45 Minutes of Cardio

Sunday - Active Rest

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