

W.O.W.

Workout of the Week

TURKEY COMA - AMRAP

Time: 20-30 minutes

Equipment: Bodyweight

Instructions: Complete every exercise as fast as you can and as many reps as possible (AMRAP) during each minute.

Level	Adjustments
Beginner	2 sets of circuit
Intermediate	3 sets of circuit
Advanced	4 sets of circuit

Warm-up

- 1 minute - Jumping Rope
- 1 minute - High Knees
- 1 minute - Butt Kicks

Circuit

- 1 minute – Burpees
- 1 minute – Plank
- 1 minute – Glute Bridges
- 1 minute – Jump Squats
- 1 minute - V-ups
- 3 minute rest
- Repeat

See a Personal Trainer for more detailed instructions or a demonstration.



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Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
www.thewac.com