

W.O.W.

Workout of the Week

BODYWEIGHT CIRCUIT

This workout is based on the principles behind the Seven Minute Scientific Workout, which consecutively works the full body - legs, upper body and core.

Time: 25-60 minutes

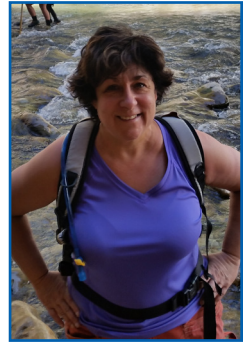
Equipment: None

Instructions: The 12 exercises should be performed in order for 30 seconds each (adjust time for your level) with a 10 second rest in between each one. Repeat 3-5 times. Rest 30-45 seconds in between each rotation.

Level	Adjustments
Beginner	30 seconds
Intermediate	45 seconds
Advanced	60 seconds

- Burpees
- Side Lunge
- One leg up pushup, switch leg halfway
- Reverse Crunch
- Lunge Hop, switch legs halfway
- Curtsy Lunge
- Lateral shoulder raise
- Side plank with hip raises
- Squat jumps
- Walking Lunge with hands clasped behind head
- One leg up tricep dips, switch leg halfway
- Crunches with legs straight up

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



By **Deja Vishny**
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Wisconsin Athletic Club

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