

W.O.W.

Workout of the Week

HOT FOR THE HOLIDAYS

Time: 10-45 minutes

Equipment: None

Instructions: Complete each exercise in order with as little rest as possible between each exercise. Complete circuit 3 times, resting 30 seconds to 1 minute between rounds.

Level	Adjustments
Beginner	15-45 seconds each exercise
Intermediate	30-60 seconds each exercise
Advanced	45-75 seconds each exercise

Jump Squats
Burpees w/ Push-up
Pogo Jumps (Right Leg)
Military Crawl (Right Arm)
Pogo Jump (Left Leg)
Military Crawl (Left Arm)
Skiers
Mountain Climbers

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