

# W.O.W.

## Workout of the Week

### NEW YEAR COUNTDOWN WORKOUT

**Time:** 15-45 minutes

**Equipment:** Bodyweight  
Dumbbells

**Instructions:** Complete the countdown circuit as quickly as possible. Take breaks as needed (but try to take them at the bottom of the round).

Level	Adjustments
Beginner	10, 8, 6 descending pyramid
Intermediate	10, 8, 6, 4, 2 descending pyramid
Advanced	10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Dumbbell Push Press  
Jumping Jacks  
Dumbbell bent over row  
In-and-Out Squat  
Dumbbell Russian twist  
Push-ups



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*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](http://www.thewac.com)