

W.O.W.

Workout of the Week

DUMBBELLS, BENCH & MAT

Time: 30-45 minutes

Equipment: Dumbbells
Bench
Mat

Instructions: Complete each circuit 3x with very little rest between each exercise. Rest for 1 minute before moving on to the next circuit.



By Ashley Bechard
WAC West Allis Personal Trainer
abechard@thewac.com

Level	Adjustments
Beginner	1-2 sets of 10-15 reps
Intermediate	2-3 sets of 15-20 reps
Advanced	3-4 sets of 20-25 reps

Circuit 1

Mountain Climbers (each leg)
Alternating Lunges + Bicep Curl
Basic Plank - 1 minute

Circuit 2

Burpees
Weighted Squat (holding dumbbells)
Military Crawl Plank (forearms to hands) - 1 minute

Circuit 3

Skaters
Push Ups
Side Plank Dips (see rep chart ie. 1 dip = 1 rep)

Circuit 4

Jump Squats
Tricep Dips on Bench
Plank row - 1 minute

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/wow