

W.O.W.

Workout of the Week

HEART HEALTHY CARDIO

Instructions: February is heart healthy month. Get your heart in shape with this great cardio workout.

Time: 16-32 minutes

Equipment: Jump Rope
Treadmill
Stair Climber
Rowing Machine

Instructions: Complete each exercise in order before going through the rotation again. Complete 4 sets with maximal effort, decreasing the time of each exercise every round.

Level	Adjustments
Beginner	4 sets of 30 seconds
Intermediate	4 sets of 45 seconds
Advanced	4 sets of 1 minute

Jump rope
Burpees
Treadmill sprint
Stair climber
Rowing machine
Jumping jacks
Mountain climbers
Skaters

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



By Skye Hurst
WAC Waukesha Personal Trainer
shurst@thewac.com



Wisconsin Athletic Club

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