

W.O.W.

Workout of the Week

BARBELL WORKOUT

By using 1 simple tool we will get your heart pumping and give you a full body workout. Remember, Force = mass x acceleration. So these moves should be of a good working weight and move quickly through the lift with 1-2 min rest in between sets.

Time: 30-40 minutes

Equipment: Barbell

Instructions: Complete each exercise the set number of reps and sets before progressing to the next circuit. Plan on using 45-55% of your max lift ability for each exercise. If you are unsure start with the barbell (45lbs) and adjust as you go if you feel it is not challenging enough.



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Level	Adjustments
Beginner	3 sets of 3 reps
Intermediate	3 sets of 5 reps
Advanced	5 sets of 5 reps

1. Deadlift
2. Deadlift - hang clean
 - a. Remember to set the bar down between each rep and reset grip and stance if needed
3. Split Jerks
4. Clean - full front squat
5. Deadlift - hang clean - full squat - split jerk

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