

# W.O.W.

## Workout of the Week

### BOX BURNER WORKOUT

**Time:** 8-17 Minutes

**Equipment:** One 18-inch or 24-inch box

**Instructions:** Go through each exercise for 30 seconds.

Level	Adjustments
Beginner	2-3 rounds of each set with as little rest as possible
Intermediate	4 rounds of each set with as little rest as possible
Advanced	5 rounds of each set with as little rest as possible



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#### Set 1

- 1 - Up + Over Box Push Ups
- 2 - Rear Foot Elevated Split Squats (Add jumps for more intensity.)

#### Set 2

- 1 - Seated Box Jacknives
- 2 - Lateral Box Jumpovers + Side Squat

#### Set 3

- 1 - Burpee Pushup + Box Jump
- 2 - Rear-Feet Elevated High Plank with Toe Tap Downs

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