

W.O.W.

Workout of the Week

DUMBBELL AND BOSU WORKOUT

Time: 15-25 Minutes

Equipment: Dumbbells
BOSU Ball

Instructions: Complete the exercises/circuits according to your fitness level.

Level	Adjustments
Beginner	1 round with 60 second rest in between circuits
Intermediate	2 rounds with 45 second rest in between circuits
Advanced	3 rounds with 30 second rest in between circuits



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Circuit 1

Dumbbell Goblet Squats - 25
Dumbbell Push Up to Row - 10 on each arm
BOSU Burpee - 15

Circuit 2

BOSU Plank - 45 seconds
BOSU Side to Sides on Blue Side - 45 seconds
Dumbbell Alternating Lunges - 12 each leg

Circuit 3

Dumbbell Thruster - 25
Plank Jacks - 45 seconds
Push Ups - 20

Circuit 4

Jump Squats - 45 seconds
Alternating Cross Lunges - 45 seconds
Up Downs - 45 seconds

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