

W.O.W.

Workout of the Week

THE BODYWEIGHT 10

Instructions: Complete 10 rounds of the following 10 exercises with 10 repetitions each.

Level	Adjustments
Beginner	Complete 5 rounds
Intermediate	Finish all 10 rounds
Advanced	Complete 10 rounds as fast as possible

Jumping Jacks
Burpees
Squat
Push ups
V-Sits
Glute Bridge Marches
Single Leg Line Hops (10 each leg)
Forward Lunges (10 each leg)
Push up to plank (5 starting with right, 5 starting with left)
Superman's



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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