

# W.O.W.

## Workout of the Week

### SUPERSET WORKOUT

**Equipment:** Dumbbells  
Barbell  
TRX  
Plyo Box

**Instructions:** Complete 3 sets of the following supersets with 10 repetitions of each exercise. For example, do one set of exercise #1 immediately followed by next exercise labeled #1 until all sets are completed. Because each superset is an upper body movement paired with a lower body movement, little to no rest is required between sets or supersets. This is a very efficient use of gym time!



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#### Beginner

- 1 - Split Squats
- 1 - Overhead Press
- 2 - Goblet Squats
- 2 - Lateral Raises
- 3 - Weighted box Step Ups
- 3 - TRX Rows

#### Intermediate

- 1 - Bulgarian Split Squats
- 1 - Hammer Curl to Overhead Press
- 2 - Barbell Back Squats
- 2 - Dead Stop Lateral Raises
- 3 - Weighted Box Jumps
- 3 - TRX Rows – 3 Grips

#### Advanced

- 1 - Statue of Liberty Bulgarian Split Squats
- 1 - Arnold Presses
- 2 - Bottom ¼ Squats
- 2 - Lateral Raises with 3 second hold
- 3 - Single Leg Landing Box Jumps
- 3 - TRX Rows

*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)