

W.O.W.

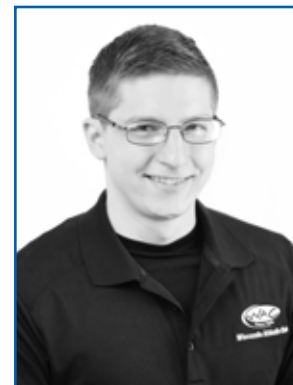
WAC ON WELLNESS

THE ALTERNATOR WORKOUT

TIME: 45-60 minutes

EQUIPMENT: Dumbbells
 Plyo Step-Up Box
 Low Row Machine
 Dual Adjustable Pulley (D.A.P.) with short strap handles

INSTRUCTIONS: Every exercise will be done alternating using the left then right side for 3 sets of 8 repetitions. For example, the Chest Press you press them both over your chest and then lower the left one to your side to create a 90° angle with your arm. Press it up and then lower the right side. That's one rep. If you're looking for a greater challenge do all 8 reps on the left before doing 8 on the right!



BY ABRAM ANDERSON
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LEVEL	ADJUSTMENTS
Beginner	Alternate Each Rep
Intermediate	Alternate After 4 Reps on 1 Side
Advanced	Alternate After Doing all 8 Reps on 1 Side

- Dumbbell Chest Press
- Dumbbell Seated Overhead Press
- Dumbbell 15° Incline Press
- Dumbbell Step-Ups
- Dumbbell Reverse Lunges
- Low Row Machine
- D.A.P. Pull-Downs (handles in highest position)
- D.A.P. Triceps Push-Downs (handles in highest position)
- D.A.P. Bicep Curls (handles in lowest position)

See a Personal Trainer for more detailed instructions or a demonstration.



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow