

# W.O.W.

WAC ON WELLNESS

## POSTERIOR CHAIN BURN

TIME: 20-25 minutes

INSTRUCTIONS: Complete 10 reps of each exercise

LEVEL	ADJUSTMENTS
Beginner	Complete exercises 1 and 2 of each series
Intermediate	Complete exercises 1, 2 and 3 of each series
Advanced	Complete exercises 1, 2, 3 and 4 of each series



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### Glute bridges

1. Lower and lift hips
  2. Heel raises (keep hips up, raise and lower both heels)
  3. With knee lifts (lift knee to table top, lower leg and tap toe on ground)
  4. With knee extensions (extend leg out, draw knee back to table top)
- \*for extra challenge, keep hips off the ground continuously for entire series\**

### Hands and Knees

1. Opposite elbow to knee crunch
  2. Donkey kicks (pressing foot to ceiling)
  3. Fire hydrant (opening leg to the side)
  4. Extend leg straight back-leg circles
- \*for extra challenge, float knees one inch off the floor for all exercises\**

### Prone Leg Lifts

1. Right side
2. Left side
3. Both together
4. Heel clicks (opening and closing hips)

### Lying on side- legs straight, angled slightly forward from torso

1. Leg lifts and lowers in parallel position (knee and toes pointed forward)
2. Small leg circles in parallel
3. hip rotation (rotating whole leg out and returning to parallel)
4. Leg lifts and lowers in external rotation (knee and toes pointed up)

*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