

W.O.W.

WAC ON WELLNESS

THE GUN SHOW WORKOUT

TIME: 30-45 minutes

EQUIPMENT: EZ Bar
Dumbbells
Bench
Cable Pulley with: V Bar, Rope, Single Handle

INSTRUCTIONS: This workout is going to consist of four supersets, which is where you work opposing muscle groups in immediate back to back sets (in this case, we'll be using our Biceps and our Triceps). This will be performed by doing the first set of a Biceps exercise, followed immediately by a Triceps exercise, which will count as one superset.

Perform each superset three times before moving on to the next, and if you're up for the challenge, go for four sets of each superset. Lastly, since we are going to be performing this workout to gain size on our arms we want to stick to 8-12 reps per set, hopefully reaching failure in the 3rd or 4th sets. Ladies, it will take more than just one of these workouts to make you look like Clay Matthews, so give it a try!

LEVEL	ADJUSTMENTS
Beginner	Perform 3 sets of each superset; giving yourself two minutes of rest in between.
Intermediate	Perform 3-4 sets of each superset; giving yourself 90 seconds of rest in between.
Advanced	Perform 4 sets of each superset; giving yourself 60 seconds of rest in between.

1A: Standing EZ Bar Biceps Curls

1B: Standing V-Bar Triceps Pushdowns on Cable Pulley

2A: Standing Hammer Curls with Rope on Cable Pulley

2B: Standing Triceps Pushdowns with Rope on Cable Pulley

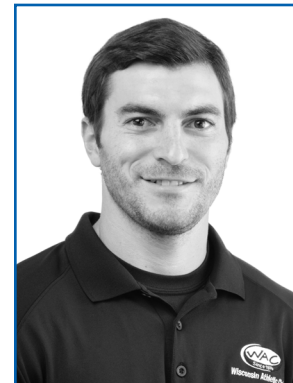
3A: Seated Alternating Dumbbell Biceps curls on Bench

3B: Single Arm Triceps Kickbacks on Bench with Dumbbells

4A: Seated Dumbbell Concentration Curls on Bench

4B: Close Grip (Triangle Grip) Triceps pushups to Failure

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



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Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
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