

W.O.W.

WAC ON WELLNESS

TROTting OFF THE HOLIDAY CALORIES

TIME: 30-45 minutes

EQUIPMENT: Dumbbells
Resistance Bands

INSTRUCTIONS: This workout will consist of three different circuits; a dumbbell circuit, a resistance band circuit, and a body weight circuit. Each exercise within the given circuit will be performed for time. You will perform each exercise for 45 seconds and then have 15 seconds of rest before the next exercise begins. Perform each circuit 2 times through. At the start of each circuit you will hit the treadmill for a given amount of time.

LEVEL	ADJUSTMENTS
1	Jog 2 minutes before each circuit begins
2	Jog 3 minutes with a 6% incline before each circuit begins

Dumbbell Circuit:

Standing Shoulder Press
Goblet Squat
Shoulder Shrugs
Lunges
Bent Over Reverse Flys

Resistance Band Circuit:

Standing Biceps Curls
Overhead Triceps Extension (band attached to railing)
Standing Two Arm Row (band attached to railing)
Chest Press (band attached to railing)

Body Weight Circuit:

Push Ups
Angled Lunges
Jump Squats
Plank
Bicycle Crunches

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.
www.thewac.com/wow