

W.O.W.

WAC ON WELLNESS

PUSH-PULL WORKOUT

TIME: 45-60 minutes

EQUIPMENT: Bench
Barbell
Gliders
Plyo Box
Dumbbells
Kettle Bells
Cable Tower
Straight Bar

INSTRUCTIONS: Complete 3 sets of 10 reps for each paired exercises, then move to the next pair. This push-pull workout is designed to have 2 exercises focused on the anterior kinetic chain (front side of body) followed by 2 exercises focused on the posterior kinetic chain (backside of body). Since each pair contains one upper body and one lower body exercise, minimal rest is needed between sets. Limit rest intervals to 45 seconds between sets. If you aren't feeling lactic acid buildup (the burn) by rep 8, grab some heavier weight. Always push yourself.

BEGINNER

1. Dumbbell Box Squat
Barbell Bench
2. Dumbbell Row
Barbell Romanian Deadlift
3. Dumbbell Weighted Step Ups
Cable Tower Chest Flys
4. Straight-Bar Straight-Leg Deadlift

INTERMEDIATE

1. Dumbbell 4-Count Squats
Dumbbell 4-Count Bench
2. Dumbbell Single-Leg Romanian Deadlift
Dumbbell Reverse Flys
3. Plyo Box Single-Leg Squats
Seated Kettle Bell Shoulder Press
4. Barbell Overhand Rows
Dumbbell Hamstring Curl

ADVANCED

1. Barbell Back Squat
Dumbbell Bench
2. Glider Hamstring Curl
Barbell T-Bar Rows
3. Straight Bar Overhead Step Ups
Straight Bar Incline Skull Crushers
4. Russian Curl
Barbell V-Bar Rows

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



BY NATE SOLEY

WAC West Allis Personal Trainer
nsoley@thewac.com



Wisconsin Athletic Club
FIND YOUR FIT.

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