



Introductory W.O.W. Club #1 (Full Equipment)			
Theme: Setting up fundamentals of strength training, a great workout to get started with or to return to after a break.			
Exercises	Sets	Reps	Rest
Warmup: Foam roll, LAX ball			
Round 1 - Whole body and core			
Wall sit	3	30s	15s
Elbow plank (Knees or toes)	3	30s	15s
Good mornings	3	30s	15s
Round 2 - Arms			
Dumbbell Bicep Curl	3	8	
Pushups (Elevate hands as needed)	3	8	
Dumbbell Upright row	3	8	
Round 3 - Legs			
Barbell Romainian Deadlift (RDL)	3	8	
Squats (TRX if needed)	3	8	
Split squats (TRX if needed)	3	8ea	
Round 4 - Balance & Coordination			
Single leg balance	3	30s each leg	
Dead bug	3	8ea	
Single Leg Romainian Deadlift (RDL)	3	8ea	
Round 5 - Cardio Intervals			
In-Out-Forward-Back Hops/Steps	4 to 6	20s	10s
Mountain climbers Floor/Wall	4 to 6	20s	10s
Band punches	4 to 6	20s	10s
Stretch Major Muscle Groups and Any Specific Tight Spots			
Calves, quads, hamstrings, glutes			
Shoulder, bicep, tricep			
Back, neck			