

W.O.W.

WAC ON WELLNESS

JUMP INTO JUNE CHALLENGE

INSTRUCTIONS: Complete the workout according to your fitness level. Turn in the entry form below at the W.O.W. Kiosk after you complete the workout for a chance to win a prize.

EQUIPMENT: Dumbbells, Plyo box of your height choice & a jump rope

LEVEL	ADJUSTMENT
Beginner	1 set of 8 reps
Intermediate	2 sets of 10 reps
Advanced	3 sets of 12-15 reps

Circuit #1

Forward walking lunges with dumbbells.
Jump squats
Single leg glute bridge with leg lift
50 jump ropes

Circuit #2

Pistol squats to plyo box.
Skaters
Bulgarian split squats using plyo box
50 jump ropes

Circuit #3

Dumbbells on shoulders squats elbow to knees
Superband or resistance band lateral walk outs
Dumbbell donkey kickbacks
50 jump ropes

Finisher

Reverse Bosu wall squat for your PR
100 jump ropes

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



BY LAURIE WARNER

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FIND YOUR FIT.

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