

# W.O.W.

WAC ON WELLNESS

## THE FIT 5 WORKOUT

**INSTRUCTIONS:** The challenge lasts 20:00 minutes with an AMRAP (As Many Reps as Possible) style. You will start off with 5 reps of each, and at the end of each round you will increase the rep count by 1. (round 1 = 5 reps, round 2 = 6 reps, round 3 = 7 reps etc.) The goal is to get to the highest round within the 20:00 minute time frame. 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:** Option to use dumbbells if you can't use a barbell  
The weight should be fairly easy, around 40-55% of your 1 rep max

### THE CHALLENGE CONSISTS OF THE FOLLOWING 5 MOVEMENTS:

Barbell Deadlift  
Push-Up  
Barbell Squat  
Barbell Bent Over Row  
Barbell Overhead Press

*Please perform the movements in the specific order listed above.*



**BY ROB HANSEN**

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

Member Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_



**Wisconsin Athletic Club**  
**FIND YOUR FIT.**

Always consult your physician before starting any exercise program.  
[www.thewac.com/wow](http://www.thewac.com/wow)