

W.O.W.

WAC ON WELLNESS

SPRING INTO FITNESS CHALLENGE

BEGINNER:

3-5 minute warm-up

REPEAT 3 TIMES

- Burpees (10)
- Wall sits (30 seconds)
- Forward lunges (6 each leg)
- Dumbbell squat (10)
- Plank shoulder taps (8)
- Bird dogs/ Fire hydrants (6 each)
- Plank (30 seconds)

INTERMEDIATE:

3-5 minute warm-up

REPEAT 3 TIMES (30 second jumping jacks in between each exercise)

- Bosu burpees (12)
- Wall sits with weight (45 seconds)
- Around the world lunges (6 each leg) (Forward, Lateral, Reverse)
- Dumbbell squat with shoulder press (10)
- Hand to elbow push-ups (8)
- Bird dogs/ Fire hydrants with 2 second hold (8 each)
- Plank (30 seconds)
- Side planks (15 seconds each side)

ADVANCED:

3-5 minute warm-up

REPEAT 3 TIMES (30 seconds of jumping rope between each exercise)

- 15 Bosu burpee with push-up (12)
- Wall sits with weight (60 seconds)
- Dumbbell squat with shoulder press (10)
- Dumbbell walking lunges (6 each leg)
- Push-ups (10)
- Plank shoulder taps (15)
- Hand to elbow push-ups (10)
- Bird dogs/ Fire hydrants with 2 second hold (8 each)
- Plank (60 seconds)
- Side plank (30 seconds each side)

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



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FIND YOUR FIT.

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