

W.O.W.

WAC ON WELLNESS

21 DAY PRE-SUMMER CHALLENGE

DAY 1: 50 crunches
(2) 60 sec. planks

DAY 2: 100 bicycle crunches
(2) 30 sec. planks

DAY 3: 50 burpees
50 leg raises

DAY 4: 200 crunches
50 curtsy lunges (each leg)

DAY 5: 100 high knees
75 Russian twists

DAY 6: 50 supermans
50 squats

DAY 7: (3) 60 sec. planks
200 jumping jacks

DAY 8: 50 mt. climbers
100 bicycles crunches

DAY 9: 25 squats
50 forward lunges (each leg)

DAY 10: 50 squat jumps
200 crunches

DAY 11: 25 push ups
75 tricep dips

DAY 12: 50 burpees
200 mt. climbers

DAY 13: 50 plank walks
50 reverse lunges (each leg)

DAY 14: 50 squat jumps
50 leg raises

DAY 15: (4) 60 sec. planks
100 Russian twists

DAY 16: 25 push ups
100 mt. climbers

DAY 17: 100 tricep dips
50 squat jumps

DAY 18: 200 high knees
100 supermans

DAY 19: 75 burpees
(4) 60 sec. planks

DAY 20: 50 side lunges (each leg)
200 bicycle crunches

DAY 21: 100 Russian twists
(4) 60 sec. planks



BY CHRIS WEIGER
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