

W.O.W.

WAC ON WELLNESS

INDOOR OBSTACLE COURSE CHALLENGE

TIME GOALS-

LEVEL:	ADJUSTMENTS:
Beginner	Finish
Intermediate	21-25 Minutes
Advanced	15-18

INSTRUCTIONS:

This challenge has you moving to multiple areas of the club. Safely get through all the steps of the obstacle course as quickly as you can. Turn in the entry form below at the front desk after you complete the workout. A prize will be awarded to the member with the fastest time. Complete this workout before Saturday June 30.



BY KRISTEN GRIFFIN
WAC Downtown Personal Trainer
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COMPLETE A 5 MINUTE WARM-UP (do not include this in your race time).

START YOUR TIMER NOW:

- 500 meter row
- 30 step-ups (15 per leg, at any box height)
- 15 push-ups
- 40 Seated Russian Twists (20 per side, holding any weight)
- 500 meter row
- 30 walking lunges (15 per leg)
- 15 TRX Y-pulls
- 40 mountain climbers (20 per side)
- 500 meter row
- 30 goblet squats (holding any weight)
- 15 pull-ups (use assistance as needed)
- 40 bicycle crunches (20 per side)
- 500 meter row

For any modifications or exercise explanations please see a Certified Personal Trainer.

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