

W.O.W.

WAC ON WELLNESS

21 DAY KICKBOXING BLAST CHALLENGE

This challenge will have you working in a circuit style set up. All sets for each exercise will last 45sec with about 15-20sec rest periods. Make sure to stay hydrated through the workout and give it your all!

Materials: Heavy bag, gloves, mat, medicine ball

Warm Up: 5 min. Cardio

LEVEL	EXERCISE INTENSITY
Beginner	1-2 rounds
Intermediate	3-4 rounds
Advanced	5-6 rounds



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CIRCUIT 1: 45 SEC.

- Jab/cross on heavy bag
- Medicine ball one arm throw (alternate) to wall
- 4 hooks/4 upper cuts on bag
- Diamond push ups

CIRCUIT 2: 45 SEC.

- Push kick on bag
- 2 knee drives into squat
- Round house kick on bag
- Back lunge into front kick

CIRCUIT 3: 45 SEC.

- Jab/cross/hook/round house kick on bag
- Slow controlled leg raises
- Cross/hook/cross/push kick on bag
- Jack knife sit up

Cool Down: 5 min.

Member Name: _____ **Phone Number:** _____



Wisconsin Athletic Club
FIND YOUR FIT.

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