

W.O.W.

WAC ON WELLNESS

PYRAMID CHALLENGE

•DIRECTIONS:

- Time – 20 min to get as many rounds as possible
- Start by doing one rep for each exercise in round 1 then two reps for round 2 and so on.

•EXERCISES:

- Goblet Squat
- Back Rows
- Push-ups
- Crunches
- Reverse Lunge
- Shoulder Press
- Leg Lifts



BY TRAVIS ROUBAL
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This is a great workout to throw in once every few months to test your overall fitness!

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