

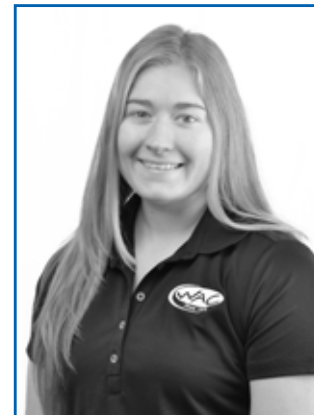
W.O.W.

WAC ON WELLNESS

**NEW YEARS RESOLUTION WORKOUT**

**Directions:** Complete each exercise with the allotted reps per side. (19 ice skaters per side)

- 19 *Ice Skaters*
- 18 *Russian Twists*
- 17 *Mountain Climbers*
- 16 *Lunges*
- 15 *Plank Jacks*
- 14 *Banded Rows*
- 13 *Banded Pull-Aparts*
- 12 *Step-Ups*
- 11 *Banded "X" Walks*
- 10 *Squat Jumps*
- 9 *Banded Bicep Curls*
- 8 *Tricep Dips*
- 7 *Banded Lateral Raises*
- 6 *Burpees*
- 5 *Push-ups*
- 4 *Inchworms*
- 3 *Bird Dogs*
- 2 *Side Planks (30 seconds each)*
- 1 (min) *Plank*

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