

W.O.W.

WAC ON WELLNESS

MAY IS NATIONAL FITNESS MONTH!

Test your current level of fitness with a few muscular endurance challenges below. Complete one or all three of these challenges monthly and track your progress. Set goals to reach new heights throughout the year. Better yet, encourage your family and friends and motivate each other for better times, more reps and to measure your personal success to being healthy and fit!

MUSCULAR ENDURANCE TESTS

REPS CHALLENGE

How many can you complete in 1 minute?

- Squats
- Push-ups
- Crunches
- Alternating Lunges (or lunge jumps)
- Burpees

ENDURANCE CHALLENGE

How long can you hold?

- Plank
- Side Plank (each side)
- Wall Sit

RACE CHALLENGE

How fast are you?

- Run 1 Mile
- Row 1000 Meters
- Climb 100 floors



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Wisconsin Athletic Club
FIND YOUR FIT.

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