

W.O.W.

WAC ON WELLNESS

FEBRUARY TRX CHALLENGE

INSTRUCTIONS: The first round of the circuit you have 15 reps of the one exercise listed. The second round or "set" you are alternating between the 2 listed exercises (ex. 1 triceps press, 1 superman, alternating for 15 of each) By the third round you are alternating between 3 exercises for 15 reps of each (ex. 1 triceps press, 1 superman, 1 forward backward hop x15). Turn in the entry form below at the W.O.W. Kiosk after you complete the workout for a chance to win a prize.

Circuit 1

Round 1 - 15x3

Triceps press
Left side lunge
Right side lunge

Round 2 - 15x3

Triceps press, superman
Left leg side lunge, left leg abduction
Right leg side lunge, right leg abduction

Round 3 - 15x3

Triceps press, superman, forward hop backward hop
Left leg side lunge, left leg abduction, left leg cherry picker
Right leg side lunge, right leg abduction, right leg cherry picker

Circuit 2

Round 1 - 15x3

Back row
Plank knee tucks

Round 2 - 15x3

Back Row, squat jump
Plank knee tuck, plank pike

Round 3 - 15x3

Back Row, squat jump, R leg deadlift, L leg deadlift
Plank knee tuck, plank pike, plank saw

See a Personal Trainer for more detailed instructions or a demonstration.



BY HALEY PALUBICKI

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