

W.O.W.

WAC ON WELLNESS

APRIL CHALLENGE

INSTRUCTIONS: This challenge is designed as a run challenge but the distance could be adapted to fit another cardio of your choice! Complete the workout according to your fitness level. Turn in the entry form below at the W.O.W. Kiosk after you complete the workout for a chance to win a prize.

Beginner

.10 mile run
50 burpees
40 squats
50 push-ups
.20 mile run
40 burpees
40 air squats
40 push-ups
.3 mile run
30 burpees
30 air squats
30 push-ups
.4 mile run
20 burpees
20 air squats
20 push-ups
.5 mile run
10 burpees
10 air squats
10 push-ups

Intermediate

.15 mile run
50 burpees
40 squats
50 push-ups
.30 mile run
40 burpees
40 air squats
40 push-ups
.45 mile run
30 burpees
30 air squats
30 push-ups
.6 mile run
20 burpees
20 air squats
20 push-ups
.75 mile run
10 burpees
10 air squats
10 push-ups

Advanced

.20 mile run
50 burpees
40 squats
50 push-ups
.40 mile run
40 burpees
40 air squats
40 push-ups
.60 mile run
30 burpees
30 air squats
30 push-ups
.80 mile run
20 burpees
20 air squats
20 push-ups
1 mile run
10 burpees
10 air squats
10 push-ups



BY MALLORY PETERSON

WAC Downtown Personal Trainer
mpeterson@thewac.com

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