



Workout of the Week

BODYWEIGHT PYRAMID CHALLENGE

Instructions: Complete the following circuit 3 times through as fast as you can. Record your time at the W.O.W. Kiosk and the top male and female will receive a prize! Complete the workout and record your time before Sunday.

- 50 - Jumping Jacks
- 40 - Squats
- 30 - Mountain Climbers (30/30)
- 20 - Burpees
- 10 - Push ups

Bonus Core Workout (Does not count towards Challenge time.)

Instructions: Complete all exercises 1-2 times

- 25 - Bicycle crunches
- 25 - Leg Lifts
- 25 - Full Crunch
- 25 - Toe touches
- 1 Minute plank

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



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Wisconsin Athletic Club

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