

CHALLENGE W.O.W.

Workout of the Week

EXTREME MED BALL CHALLENGE

Instructions: Complete the following circuit 1 time as fast as you can. Complete each exercise with a medicine ball. 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.

- 100 Jumping Jacks
- 90 Mountain Climbers
- 80 Toe Taps
- 70 Wall hops
- 60 Alternate V-ups
- 50 Hip Bridges on Med Ball (25 per leg)
- 40 Woodchops (20 per side)
- 30 Alternate Push-Ups
- 20 Med Ball Squats
- 10 Plank with Toe Taps (Feet on Medicine Ball)
- 10 Burpees
- 20 Lunge Jump Twist
- 30 Double Crunch
- 40 Alternate Single Legged Deadlifts
- 50 Plank Toe Taps
- 60 Froggers
- 70 Squat Swing
- 80 Sumo Pulse
- 90 Terminators
- 100 Seated Twists



By **Megan Shemanske**
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See a Personal Trainer for more detailed instructions or a demonstration.



Wisconsin Athletic Club

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