



Workout of the Week

SPARTAN 300 REP CHALLENGE

Instructions: Complete all exercise as fast as you can with good form. You must complete all the exercises in the order shown. 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.

- 30 Scorpions
- 30 Medicine Ball Jump Squat & Press
- 30 Pushups
- 30 Broad Jumps
- 30 Dips
- 30 Dumbbell Squat Swings
- 30 Sit Ups With Medicine Ball
- 30 TRX Rows
- 30 Chin Ups (Weight Assist Ok)
- 30 Alternating Lunges

Total: 300 Reps

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



By Kathy Delker
WAC Waukesha Programming Director
kdelker@thewac.com



Wisconsin Athletic Club

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