



## Workout of the Week

### PUSH IT CHALLENGE

**Instructions:** This pyramid challenge will push you to your limits! Complete all of the exercises in a row 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.

- 3 Push ups and 1 Squat jump
- 6 Push ups and 2 Squat jumps
- 9 Push ups and 3 Squat jumps
- 12 Push ups and 4 Squat jumps
- 15 Push ups and 5 Squat jumps
- 12 Push ups and 4 Squat jumps
- 9 Push ups and 3 Squat jumps
- 6 Push ups and 2 Squat jumps
- 3 Push ups and 1 Squat jump



**By Brian Hyland**  
WAC Wauwatosa Fitness Director  
[bhyland@thewac.com](mailto:bhyland@thewac.com)

*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](http://www.thewac.com)