

CHALLENGE

W.O.W.

WAC

Workout of the Week

STRENGTH MONTH CHALLENGE

Instructions: Try and complete 100 reps of each exercise on the specific day. You do not need to complete all of the reps in a row. You can complete them throughout the day. Complete the workouts, fill out the form below and hand in to the Front Desk before Sunday for a chance to win a prize! (Winners will be randomly chosen from all participants who complete the challenge.)

Member Name: _____

Phone Number: _____



By Julie Crowley
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Monday: Sit-ups

$10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + \square = \square$
BONUS

Tuesday: Squats/Squat jumps

$10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + \square = \square$
BONUS

Wednesday: Burpees

$10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + \square = \square$
BONUS

Thursday: Push-ups

$10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + 10 + \square = \square$
BONUS

Friday: 5 min of planks

$:30 + :30 + :30 + :30 + :30 + :30 + :30 + :30 + :30 + :30 + :30 + \square = \square$
BONUS

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