

CHALLENGE

W.O.W.
WAC

Workout of the Week

POOL CHALLENGE

Instructions: Complete the following circuit 3 times through as fast as you can in the lap pool. Must complete entire length of pool before changing directions. 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.

Run forward length of pool - High knees
5 Push-outs at the wall

Run reverse - High knees
5 Dips at the wall

Run forward - Butt-kicks
5 Push-outs at the wall

Run reverse - Butt-kicks
5 Dips at the wall

Jumps forward
5 Push-outs at the wall

Jumps reverse
5 Dips at the wall

BONUS CORE/LEG WORKOUT (Does not count towards Challenge time)

Instructions: Complete circuit 1-2 times.

Lunges length of lap pool on pool deck

Low Lunges width of lap pool on pool deck

Hold a Russian twist position as your arms scull (quick paddles from left to right) in the water to propel down the pool

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.
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