

CHALLENGE

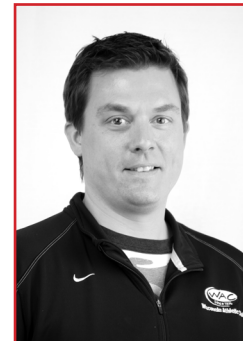
W.O.W.
WAC

Workout of the Week

SUPER HERO SUPER 10/10 CHALLENGE

Instructions: Complete 10 reps of the 10 exercises below. Record your time at the W.O.W. Kiosk. The fastest time will receive a prize! Complete the workout and record your time before Sunday.

- Captain America kettlebell swings
- Hulk tuck jumps
- Spiderman push-ups
- Thor explosive kettlebell clean and press (5 each side)
- Flash's lighting split thrusts
- Wolverine Woodchoppers (5 each side)
- Wonder Woman weighted squat jumps
- Iron Man iron crunch (kettlebell on chest)
- Superman plank with Alt leg/arm raise
- Batman Burpee



By Craig Hoxie
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See a Personal Trainer for more detailed instructions or a demonstration.



SATURDAY, SEPTEMBER 12

Join us for **Super Saturday** as we showcase a variety of Group Fitness classes and Fitness demonstrations featuring our “super” talented Instructors and Trainers. Try that class or activity you’ve been thinking about, and see how you can win this year’s coveted Superman t-shirt.



Wisconsin Athletic Club

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