

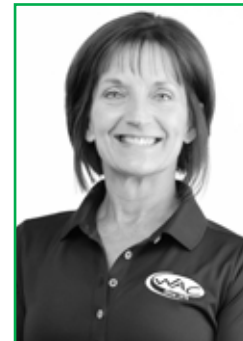
CHALLENGE

W.O.W.
WAC

Workout of the Week

HOLIDAY PARTNER PYRAMID PLATTER CHALLENGE

Instructions: Find a partner and complete your Holiday Platter. Once you and your partner have completed each workout, check off the section. You can do the exercises in any order. Once you and your partner have completed your Holiday Platter, fill out the form below and enter into the drawing to win 2 - \$25 WAC Cash cards, one for you and one for your partner! (Winners will be randomly chosen from all entrants who complete the challenge.)



By Chris Forrester
WAC Menomonee Falls Personal Trainer
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- Pumpkin Pie Push Up Pyramid** 1 Push up – side plank each side, pull back (down dog position), then 2 pushups – side plank on each side – pull back. Increase number of pushups only, only one side plank and one pull backs each set.
- Stuffing Squat Pyramid** 10 Squat Hops, 10 squats, hold for 10 seconds, then 9 squat hops, 9 squats, hold for 9 seconds...continue down to 1
- Ice Cream Inchworm** Start in standing position, forward bend, and walk out to push up position, 1 jump thru, walk back and stand up. Walk out, 2 Jump thrus, walk back, and stand up and so on up to 10 jump thrus
- Bread Pudding Bent Over Row And Fly** 1 Row, 1 fly, then 2 rows, 2 fly's, up to 10 each
- Broccoli Casserole Biceps And Side Raise** 1 bicep – 1 side raise, 2 biceps – 2 side raise, and so on up to 10 each
- Egg Nog Elevated Reverse Lunge** Right foot on bench, hold down for 1 count and release, then hold down for 2 counts, release, and so on up to holding down for 10 counts....switch legs
- Turkey Gravy Tricep** Tricep dips for 10, hold 10 seconds, release, then 9 dips, hold for 9 seconds, release and so on down to 1
- Peanut Butter Cookies Plank** Face Partner in plank position. Clap right Hand once then left hand, then clap right hand twice then left hand twice, and so on up to 10 on each hand.

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

Member Name: _____

Partner Name: _____

Phone Number: _____

Phone Number: _____



Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
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