

CHALLENGE

W.O.W.
WAC

Workout of the Week

15 MINUTE HOLIDAY CHALLENGE

It can be hard to workout during the busy holiday season, but I challenge you to stay active! Each of these workouts will take about 15 minutes. When you complete all of the workouts, enter for a chance to win \$20 in WAC Cash!

Time: 15 minutes

Instructions: Complete each of the circuits 3 times with as little rest as possible between circuits.

Level	Adjustments
Beginner	30 seconds on / 30 seconds rest
Intermediate	45 seconds on / 15 seconds rest
Advanced	50 seconds on / 10 seconds rest



By Craig Hoxie

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Monday *Equipment: Bosu*

Bosu Squat Jumps
Bosu Push-ups
Bosu Side-to-Side Hops
Bosu Plank with Leg Drive
Bosu Burpees

Tuesday *Equipment: Dumbbells*

Thrusters
Plank Row
Side Lunge with Curl
Stiff Leg Deadlift
Dumbbell Burpees

Wednesday *Equipment: TRX*

TRX Squat Row
TRX Atomic Push-up
TRX Ice Skaters
TRX Oblique Twist
TRX Single Leg Burpee

Thursday *Equipment: Medicine Ball*

Medicine Ball Jumping Jacks
Medicine Ball Slams
Medicine Ball Toe Taps
Medicine Ball Double Crunch
Medicine Ball Burpees

Friday *Equipment: None*

Spiderman Push-ups
Split Jumps
Plank with Alternate Reach
V-ups
Burpees with Tuck Jump

Saturday *Equipment: Barbell*

Barbell Jump Squats
Barbell Bent Over Row
Barbell Push Press
Barbell RDL
Barbell Burpee to High Pull

Sunday

Pick your favorite 3 previous workouts and complete one round of each.

Member Name:

Phone Number:

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