



Workout of the Week

NEW YEAR CHALLENGE

Time: 10 minutes

Instructions: Complete as many rounds of each exercise as you can within 10 minutes. Enter to win a prize at the W.O.W. Kiosk after you complete the workout. Complete this workout before Sunday.

- 10 Burpees
- 20 Jumping Jacks
- 25 Crunches
- 20 Mountain Climbers (each leg)
- 10 Wood Chops Each Side (with hand weight)
- 10 Single Leg Squats on to Bench
- 30 Second Plank



By Ashley Bechard
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See a Personal Trainer for more detailed instructions or a demonstration.

Member Name: _____

Phone Number: _____

Number of Rounds Completed: _____



Wisconsin Athletic Club

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