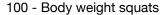


## **Workout of the Week**

## 1,000 REP CHALLENGE

Time: As fast as possible

**Instructions:** Complete every exercise as fast as you can. You may break each exercise up into sets, they do not have to be completed before moving onto the next exercise. Enter to win a prize at the W.O.W. Kiosk after you complete the workout. Complete this workout before Sunday.



100 - TRX rows

100 - Walking lunges (50/50)

100 - Push ups

100 - Skaters (50/50)

100 - Step ups (50/50)

100 - High knees (50/50)

100 - Dumbbell swings

100 - Medicine ball Russian twists (50/50)

100 - Medicine ball slams



By David Casper WAC Waukesha Programming Manager dcasper@thewac.com

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

Member Name:_		
Phone Number:		

