



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 - Body weight squats
- 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
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See a Personal Trainer for more detailed instructions or a demonstration.

Member Name: _____

Phone Number: _____

Time: _____



Wisconsin Athletic Club

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