



Workout of the Week

50/50 BODY BURNER/CORE ENDURANCE CHALLENGE

Time: As fast as possible

Instructions: Complete all exercises as fast as possible with good form and record time at the W.O.W. Kiosk to enter to win a prize! You do not have to complete all repetitions at once. Exercises may be broken up into sets to complete the workout. Have fun!

- 50 - Jumping Jack Push Ups (Alternative - may step hand and foot out to side and back)
- 50 - Flutter Kicks (Shoulders off of ground for increased intensity)(50 on each side)
- 50 - Plank Ups
- 50 - Russian Twists (50 on each side)
- 50 - Plank on Hands with Opposite Arm and Leg Raises (50 on each side)
- 50 - Jackknife Sit Ups (Variation - knees into chest and back out to straight legs)
- 50 - Dive Bomber Push Ups
- 50 - V-sit Scissor Kicks (Alternative - back on ground, legs raised doing the scissor kicks)(legs criss-crossing)(50 with each leg on top)
- 50 - Single Leg Floor Bridge (Up and down)(50 on each leg)
- 50 - Split Lunge Jumps (50 on each leg)



By Joe Denk
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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