

CHALLENGE

W.O.W.
WAC

Workout of the Week

KETTLEBELL & BODYWEIGHT CHALLENGE

Time: 25-30 Minutes

Instructions: Enter to win a prize at the W.O.W. Kiosk after you complete the workout. Complete this workout before Sunday.

CIRCUIT 1

- Kettlebell Swing - 30
- Burpees - 3
- Squats - 6
- Pushups - 9

Repeat as many times in 4 minutes.

CIRCUIT 2

- Kettlebell Squats - 35
- Burpees - 5
- Squats - 10

Repeat as many times in 3 minutes.

CIRCUIT 3

- Kettlebell Row - 20 Each Arm
- Kettlebell Skull Crusher - 30
- High Knees - 20
- Pushups - 5
- Burpee - 1

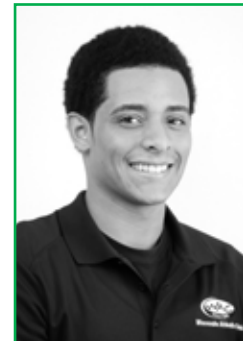
Repeat as many times in 5 minutes.

CIRCUIT 4

- Kettlebell Lunges - 15 Each Leg
- Kettlebell Push Press - 30
- Burpees - 2
- Mountain Climbers - 20
- Squats - 10

Repeat as many times in 7 minutes.

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



By Bradley Perez
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Member Name: _____

Phone Number: _____

Time: _____



Wisconsin Athletic Club

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