



## Workout of the Week

### INDOOR OBSTACLE COURSE CHALLENGE

#### Time Goals:

Level	Adjustments
Beginner	Finish
Intermediate	15-20 Minutes
Advanced	10-15 Minutes

**Instructions:** This challenge has you moving to multiple areas of your club. Safely get through all the steps of the obstacle course as quickly as you can. Turn in the entry form below at the W.O.W. Kiosk after you complete the workout. A prize will be awarded to the member with the fastest time. Complete this workout before Sunday.



**By Michael Lederer**  
WAC Downtown Programming Manager  
mlederer@thewac.com

Complete a 5 minute warm-up (do not include in your race time).

Start your timer now:

- Treadmill- run or walk  $\frac{1}{2}$  mile as fast as you can
- 40 walking lunges(20 per leg)
- 20 push ups
- 50 mountain climbers(25 per leg)
- 50 abdominal crunches
- Treadmill- run or walk  $\frac{1}{4}$  mile as fast as you can
- 50 body weight squats
- 20 pull-ups(ask trainer for multiple modifications)
- 40 speed skaters(20 per leg)
- Treadmill - run or walk  $\frac{1}{2}$  mile as fast as you can

**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](http://www.thewac.com/wow)