



Workout of the Week

LEAN LEGS - LOWER BODY CHALLENGE

Equipment: Step (No Risers)

Instructions: Complete 2 rounds of each exercise circuit as fast as possible. 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.

Circuit 1

- Goblet Squats – 12 reps
- Jump Squats – 20 reps
- Walking Lunges – 12 reps each leg
- Jump Lunges – 20 reps total

Circuit 2

- Squat with alternate side leg lift between each squat – 12 reps
- Step toe Taps with High Knees – 50 reps total
- Side Lunges – 12 reps each leg
- Lateral Step overs on step – 50 reps total

Circuit 3

- Sumo Squat – 12 reps
- Sumo Jump Squats – 20 reps
- Curtsy Lunges – 12 reps each leg
- Skaters – 50 reps total

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



By Stacy Rosen
WAC North Shore Personal Trainer
srosen@thewac.com

Member Name: _____

Phone Number: _____

Time: _____



Wisconsin Athletic Club

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