

CHALLENGE

W.O.W.
WAC

Workout of the Week

AMRAP (AS MANY ROUNDS AS POSSIBLE) CHALLENGE

Equipment: Battle Rope
Plyo Box

Instructions: Complete as many rounds as possible in 30 minutes. 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.

- 50 squats
- 40 mountain climbers
- 30 rope slams
- 20 push ups
- 10 box jumps



By Katie Potkonjak
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See a Personal Trainer for more detailed instructions or a demonstration.

Member Name: _____

Phone Number: _____

Number of Rounds Completed: _____



Wisconsin Athletic Club

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