

# W.O.W.

WAC ON WELLNESS

## AUGUST CHALLENGE

**TIME:** 30 minutes or less

**EQUIPMENT:** Set of Dumbbells at Desired Weight  
Plyo Box

**INSTRUCTIONS:** Complete each exercise and circuit with the least amount of rest in between. After completing 3-5 circuits, record your time below and enter at the W.O.W. Kiosk.



**BY DON ANDERSON**  
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LEVEL	ADJUSTMENTS
Beginner	5 reps
Intermediate	6-8 reps
Advanced	8-10 reps

**Manmakers:** Burpee with renegade rows with dumbbells

**Thrusters:** Full squat to overhead press (hold dumbbells at shoulders while squatting)  
Decline push up w/ crossbody knee drive: place feet on plyo box do push up drive knee to opposite elbow

**Side lunge with curl:** step laterally to lunge and curl in stand up position alternate left and right

**Step up with split jump:** Step up on plyo box with either foot bring other leg up to knee lift and return same to floor then step back into lunge then jump(hop) to switch position of feet and repeat.

**Burpee with shuffle:** Burpee then side shuffle 3-4 steps Burpee again, now go back and forth

**Bonus:** Finish with one minute kettle bell swing and one minute plank back to back for three rounds after completing your 3-5 rounds of above circuit

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

**Member Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Number of Circuits Completed:** \_\_\_\_\_



**Wisconsin Athletic Club**  
**FIND YOUR FIT.**

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