

W.O.W.

WAC ON WELLNESS

SEPTEMBER CHALLENGE

TIME GOALS:

LEVEL	ADJUSTMENTS
Beginner	Finish
Intermediate	16-20 Minutes
Advanced	12-16 Minutes

EQUIPMENT: Set of Dumbbells at Desired Weight
Treadmill

INSTRUCTIONS: This challenge has you moving to multiple areas of the club. Safely get through all of 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 challenge before Sunday.

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

Start your timer now:

Treadmill- run or walk ½ mile as fast as you can

20 Burpee (no push-up) with a jump

50 abdominal crunches

25 push ups

25 squat jumps

40 alternating dumbbell (10lb. Female/20lb. Male) rows while in push-up plank position

30 power lunges

50 mountain climbers

40 speed skaters (20 each leg) with opposite hand touch ground each time

Treadmill- run or walk 1 mile as fast as you can

DONE!

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

Member Name: _____

Phone Number: _____

Time: _____



BY ADAM POLIFKA
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Wisconsin Athletic Club
FIND YOUR FIT.

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