

W.O.W.

WAC ON WELLNESS

OCTOBER CHALLENGE

TIME GOALS:

LEVEL	ADJUSTMENTS
Beginner	2 times through
Intermediate	3 times through
Advanced	4 times through



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INSTRUCTIONS: Complete each exercise and then do it again. Turn in the entry form below at the W.O.W. Kiosk after you complete the workout for a chance to win a prize. Complete this challenge before Sunday.

30 Jumping Jacks

Squat + Front Kick - Squat down and as you come back up front kick one leg leading with your heel (not your toes) and back down in a squat and kick up with other leg. 12 total squats

Power Knee - Power your knee up toward your opposite shoulder bringing your arms from overhead to meeting the knee by the chest. Engage your core. (Going for speed) 2 min total, switch legs at 1 min

In/Out Squats - Start in a wide stance squat down and jump into a narrow stance squat and back out again. 20 total.

High Knees - Go for speed, keep your core tight to assist in pulling your knees up. 1 min as many as you can get.

Shuffle Slide Step - Stay low in a squat position, slow and controlled shuffle out to the right 10 steps and back to the left 10 steps, then again each way. Total of 40 steps

Plank Punch - Plank position, punch up and forward alternating arms. Don't rotate your hips. 30 total punches

Plank Jacks - Plank position. Arms stay stationary and legs jack out and in in continuous motion. 1 min as many as you can get.

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

Member Name: _____

Phone Number: _____

Time: _____



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