

W.O.W.

WAC ON WELLNESS

NOVEMBER CHALLENGE

INSTRUCTIONS: Complete each exercise with little to no rest. Once through all 6 exercises take a 30-45 second rest. Repeat.

EQUIPMENT: Ankle Bands
Dumbbells at desired weight

GOALS:

LEVEL	ADJUSTMENTS
Beginner	2 times through
Intermediate	4 times through
Advanced	6 times through



BY TARA MARKLE
WAC Greenfield Personal Trainer
tmarkle@thewac.com

Band Walks Forward - Have band around the ankles. Squat down and begin to walk forward. 1 minute

Biceps Curl to Shoulder Press - Hold dumb bells in both hands. Keep elbows close to your torso and curl the weight up squeezing your biceps. Once in that position turn and face palms forward and press arms straight up together. 1 minute

Band Squat with Side Kick - Keep band around the ankles. Have feet about shoulder width apart. Squat down and drive through the heel of the feet and squeeze the glutes. Once in starting position kick one leg out to the side (alternating kicks). 1 minute.

Walk Out to Plank to Row - Having a slight bend in the knee walk your body into a plank position keeping your back straight. Once in plank position grab weight and row (alternating arms). Walk yourself back up to starting position. 1 minute.

Band Walks Backwards - Have band around the ankles. Squat down and begin to walk backwards. 1 minute.

Dumbbell Row - Holding weights in both hands lean forward hinging at the hips. Keep the back straight and head up. Row 1 arm back bringing your elbow straight back, do the same on the opposite side and then do the same together. Repeat this sequence 1 minute.

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

Member Name: _____

Phone Number: _____

Time: _____



Wisconsin Athletic Club
FIND YOUR FIT.

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