

W.O.W.

WAC ON WELLNESS

DECEMBER CHALLENGE

INSTRUCTIONS: This challenge will keep your heart rate up through high intensity sprints on the bike and functional lower body, upper body, and core moves. Challenge yourself with a high resistance on the bike to get to the distance goal quicker! 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.

EQUIPMENT: Dumbbells at desired weight

GOALS:

LEVEL	ADJUSTMENTS
Beginner	Finish
Intermediate	20-25 Minutes
Advanced	15-20 Minutes



BY ELLIE HRDINA
WAC Downtown Personal Trainer
ehrdina@thewac.com

5-10 minute Warm-up (do not include in your race time)

Start your timer now:

- 0.5 mile bike sprint
 - 20 DB squat to press
 - 20 pushups
 - 20 straight leg lifts
- 1 mile bike sprint
 - 20 DB backwards lunges with knee drive (10 per leg)
 - 20 DB bent over row
 - 20 abdominal crunches
- 1.5 mile bike sprint
 - 20 squat jumps
 - 20 pull-ups (use assisted pull-up machine as needed)
 - 20 DB oblique side bends (10 per side)
- **Finish:** 20 burpees (modify as needed)

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