



# WORKOUT OF THE WEEK



Are you up to the challenge?

W.O.W. 22

40:00 of Pure Pleasure

APPROXIMATE TIME TO COMPLETE:

40:00

EQUIPMENT NEEDED:

Medicine ball, wt. bar, yoga mat, sturdy bench & gym floor

**IMPORTANT: PERFORM THE EXERCISES IN THE ORDER LISTED  
& USE EXACT RECOVERY TIMES (if Applicable)**

## **40 Minutes of Pure Pleasure**

*\* 1:00 on / :30 off \**

### **Round 1**

MED. BALL SQUAT-to-PRESS  
SIT UPS  
SQUAT THRUST  
T-PUSH UPS  
WALKING LUNGES

### **Round 2**

MED. BALL MOUNTAIN CLIMBERS  
BICYCLE CRUNCHES  
SIDE SHUFFLE RUN  
BAR BENT-OVER ROW  
BODY WT. SQUATS

### **Repeat Round 1**

### **Repeat Round 2**

MED. BALL LUNGES  
FRONT PLANK HOLD  
JUMP OUTS  
BAR OVERHEAD PRESS  
STEP UPS