



WORKOUT OF THE WEEK



Are you up to the challenge?

W.O.W. 34

4 Quarters

APPROXIMATE TIME TO COMPLETE:

25:00 to 35:00

EQUIPMENT NEEDED:

Strength Training equipment & stop watch or wall clock second hand

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

4 Quarters

1st Quarter: 15 reps each & 1:00 rest between exercises

Chest press
Pulldown
Squat or Leg Press
Overhead press
Low/seated row
Squat or Leg Press

2nd Quarter: 10 reps each & :45 rest between exercises

Chest press
Pulldown
Squat or Leg Press
Overhead press
Low/seated row
Squat or Leg Press

3rd Quarter: 5 reps each & :30 rest between exercises

Chest press
Pulldown
Squat or Leg Press
Overhead press
Low/seated row
Squat or Leg Press

4th Quarter: 1:00 each & NO rest between exercises

Burpees
Run in place
Sit ups