

Workout of the Week!

by www.teachertwists.com

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1. Gate Swings
2. Weighted Sumo Squats
3. Sit Throughs
4. Suicide Push-ups
5. Compact Crunch
6. Military Press
7. Jump Lunge with Twist
8. Medicine Ball Burpees
9. Elevated Glute Bridge
10. Tricep Push-ups/Dips