

Workout of the Week!

by www.teachertwists.com

6-minute Drills!

10 box (or step) jumps

10 push-ups

10 compact crunches

12 plank jacks

12 glute bridges

12 plyo lunges

15 jumping jacks

15 hammer curls

15 overhead press

15 bicycles (each side)

12 burpees

10 rows

10 triceps dips

10 curtsy squats

30 mountain climbers

10 (total) one leg dead lift

10 (total) T-pushup

15 triceps overhead extension