

# Workout of the Week!

by [www.teachertwists.com](http://www.teachertwists.com)

## Squats Day!

### 2x Through:

30 Walking Lunges (each side)

30 Squats

25 Spiderman Push-ups

25 Squats

20 Man Makers

20 Squats

15 Lawn Mowers (each arm)

15 Squats

100 Flutter Kicks

10 Squats

5 minutes of cardio (running,  
jump rope, stairs, etc.)

### Pick Your Squat:

Goblet Squats

Front Loaded Squats

Back Loaded Squats

Squat Jumps

Over the Bench Squats

Pistol Squats

Squat with a High Pull