

Workout of the Week!

by www.teachertwists.com

Pick 3 sections below and do 20-15-10:

Complete 20 reps of each exercise in a section. Repeat with 15 reps. Repeat with 10 reps.

Legs:

Elevated Lunge

Kettle Bell Deep Squat

Exercise Ball Pistol Squat

Glute Bridge (each leg)

Arms:

Renegade Rows

Overhead Triceps Extension

Concentration Curls

Elevated Push-ups

Side Raises

Core:

Kettle Bell Sit-up and Press

Plank Jack and Thrust

Plank Knee Taps

Russian Twist (each side)

Ankle Reach

Full Body:

Kettle Bell Swings

Single Leg Dead Lift

Spiderman Push-ups

Frog Jumps