

Workout of the Week!

by www.teachertwists.com

Every Minute On the Minute

8 curtsy lunges

8 fwd lunge w/biceps curl

12 chest press

10 skull crushers

5 burpees w/push-up

15 squat jumps

12 Skaters

5 Box jumps

10 calf raises

8 reverse crunches

8 push-ups

20 bicycles