

Workout of the Week!

by www.teachertwists.com

Spell your full name!

*A name that is 15-25 letters long should take you 30-45 minutes to complete.

A - 20 Kettlebell Swings

N - 20 Lunge Walks

B - 50 Mtn Climbers

O - 20 Plyo Lunges

C - 75 Jump Ropes

P - 20 Pistol Squats

D - 25 Gate Swings

Q - 30 Glute Bridge

E - 20 Pushups

R - 20 Goblet Squat

**F - 15 Pull Ups (or
triceps pushups)**

S - 30 Russian Twists

G - 30 Renegade Rows

T - 30 Renegade Rows

H - 20 Pistol Squats

U - 1 minute Wall Sit

I - 20 Triceps Dips

V - 2 minute plank

J - 30 Pushups

W - 50 Mtn Climbers

K - 20 Tuck Jumps

X - 25 Squat Jumps

L - 25 Hammer Curls

Y - 50 Plank Jacks

M - 20 Burpees

Z - 10 Burpees