

# Workout of the Week!

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

## 8 Minute Circuits

12 Elevated Push-ups

12 Cross Reach Crunches

12 Narrow Rows

12 Goblet Squats

12 Burpees

12 Lateral Lunges

12 Single Leg Dead Lift

12 Arm Press Glute Bridge

12 Reverse Lunge Bicep Curl

12 Bench Squats

12 Side Raise Pec Deck

12 Renegade Rows

12 Bench Hops (each leg)

12 Chest Press

12 Tricep Extension

12 Clean and Press

