

# Workout of the Week!

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

## 40 Minute AMRAP

As Many Rounds as Possible (Shooting for 3-5 times through)

30 Goblet Squats

20 Ex. Ball Push-ups

10 Bicep Curls

30 Medicine Ball Crunch

20 Squat Jumps

10 Pull-ups or Triceps P/U

30 Wide Rows

20 Ex. Ball Hamstring Curls

10 V Push-ups

30 Plyo Lunges