

Coach Ben's Weekly Challenge

Friday April 10th 2020

Warm Up – 3 rounds of each exercise

1. High Knees 10 yards
2. Butt kickers 10 yards
3. Body squats 10 reps

Agility Phase – SPRINTS

1. 10- 5 yard sprints
2. 5-10 yard sprints

Strength Phase – 3 rounds of each exercise

1. 10 DIPS
2. 10 WINDMILL PUSHUPS
3. 10 FRONT AND LATERAL RAISE

COOL DOWN