

# **Coach Ben's Weekly Challenge**

**Monday April 13th 2020**

## **Warm Up – 3 rounds of each exercise**

1. 10 SUMO SQUATS
2. 10 FRONT LUNGE
3. 10 JUMPING JACKS

## **Agility Phase – 45 seconds on 30 seconds off**

1. Right foot 15 seconds
2. Left foot 15 seconds
3. Alternate feet 15 seconds

## **Strength Phase – 3 rounds of each exercise**

1. Step ups 10 each leg
2. Step up with a jump 10 each leg
3. Step down W/jump squat 10 reps

## **COOL DOWN**