

Coach Ben's Weekly Challenge

Friday April 17th 2020

Warm Up – 3 rounds of each exercise

1. Jumping Jacks 15 reps
2. Walking quad stretch 10 yards
3. Body squats 10 reps
4. Walking RDL 10 yards

3 Period Challenge:

- 1 0.5 Mile Run/ 25 Pushups
- 2 0.5 Mile Run/ 25 Pushups
- 3 0.5 Mile Run/ 25 Pushups

****WORK TO BEAT YOUR TIME EVERY PERIOD****

COOL DOWN