

Coach Ben's Weekly Challenge

Monday April 20th 2020

Warm Up –3 MIN light cardio- 3 rounds of each exercise

1. 10 GLUTE BRIDGES
2. 10 HAMSTRING ACTIVATOR
3. 10 FIRE HYDRANTS

Agility Phase – LADDER DRILLS X3 EACH EXERCISE

1. Right foot
2. Left foot
3. Lateral right and left foot
4. Two feet forward
5. Two feet lateral each way

Strength Phase – 3 rounds of each exercise

1. LEG RAISE TO LUNGE (10 reps each side)
2. LEG RAISE TO LUNGE WITH TWIST (10 reps each side)
3. CROSSOVER STEP (15 seconds each leg)

COOL DOWN