

Coach Ben's Weekly Challenge

Friday April 24th 2020

Warm Up – 30 seconds of each exercise for 2 rounds

1. Dead bug
2. Reverse dead bug
3. Push-up plank
4. Reverse plank

Agility Phase – 30 seconds of each exercise for 2 rounds

SEE VIDEO FOR EXPLANATION

Strength Phase – 10 reps of each exercise

1. Turkish get-up
2. Diamond Push-up
3. Windmill plank

COOL DOWN