

Coach Ben's Weekly Challenge

Monday April 27th 2020

Warm Up –3 rounds of each exercise (10 yards)

1. High Knees
2. Butt Kickers
3. Walking Quad Stretch

Agility Phase – 3 rounds of each exercise

1. 5 yard sprint
2. L shaped sprint
3. 5 yard shuffle

Strength Phase – 3 rounds of each exercise

1. Skater stride with lift (10 reps)
2. Skater stride with drag (10 reps)
3. Wall sit (1 MIN)

COOL DOWN