

Coach Ben's Weekly Challenge

Friday April 3rd 2020

Warm Up – 3 rounds of each exercise

1. Cat-Cow 10 reps
2. Bird Dog- 5 each side
3. Fire Hydrants-5 each side
4. Hip Thrust Raise- 5 each side

Agility Phase – 4 rounds of each exercise/ 30 seconds each

1. Two foot lateral hop
2. Right foot lateral hop
3. Left foot lateral hop
4. Two foot forward-Lateral-Back-Lateral

Strength Phase – 4 rounds of each exercise

- 1) Elevated Alternate Pushups 10 reps
 - a) Toe Touches 20 reps
- 2) Clap Pushups 10 reps
 - a) Leg raises 10 reps
- 3) Shoulder Squat Series (1 MIN Each Rep)

COOL DOWN