

Coach Ben's Weekly Challenge

Monday April 6th 2020

Warm Up – 3 rounds of each exercise 10 yards

1. Alternate lunge with twist
2. Walking quad stretch
3. Walking RDL

Agility Phase – 3 rounds of each exercise 10 yards

1. Skater Hops
2. Lateral hops
3. A-R-E Hops

Strength Phase – 3 rounds of each exercise 10 each leg

1. Stride Extension
2. Lateral step to stride extension
3. Lateral step knee down

COOL DOWN