**COACH BEN’S WEEKLY CHALLENGE**

**Wednesday April 8th, 2020**

**3 Rounds of 20**

**(SEE VIDEO FOR EXPLANATION)**

**#1**

45 degree drag and release

20 pucks

1 min pushup plank after each set

**#2**

Weight transfer release

20 pucks

Bird dog plank 30 sec each side

**#3**

Lateral drag and release

20 pucks

Side plank 30 sec each side