

# **Coach Ben's Weekly Challenge**

**Monday May 11th 2020**

## **Warm Up – 30 seconds of each exercise for 3 rounds**

1. Lunge w/twist
2. Lunge w/ twist to sky
3. High knees
4. Butt kickers

## **Agility Phase – 3 rounds 30 seconds consecutively**

1. Side to side
2. Front to back
3. Side to side w/squat

## **Strength Phase – 3 rounds 10 each leg**

1. Step ups
2. Hamstring bridge
3. Crossover step up

## **COOL DOWN**