

Coach Ben's Weekly Challenge

Friday May 1st 2020

Warm Up –3 rounds of each exercise

1. Hip flexor stretch (30 sec)
2. Supermans 15 reps
3. Walking Quad Stretch (10 yards)

Agility Phase – 3 rounds of each exercise

1. Single foot w/ stick handle
2. Double foot w/ stick handle
3. Double foot wide stick handle

Strength Phase – 3 rounds of each exercise

1. Floor press (10 reps)
2. Split squat lateral raise
3. 5 to 1 push up pyramid

COOL DOWN