

Coach Ben's Weekly Challenge

Friday May 22nd 2020

Warm Up – 3 MIN JOG

1. Glute Bridges 10 reps
2. Bird Dogs 10 reps
3. Forearm plank

Agility Phase – 3 rounds (see video)

1. Agility Hurdles

Strength Phase – 3 rounds of 30 seconds each

1. Floor press 10 reps
2. Dips 10 reps
3. Reverse Fly 10 reps

COOL DOWN