

# **Coach Ben's Weekly Challenge**

**Friday May 8th 2020**

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

1. Jumping Jacks
2. Squat jumps
3. Burpees

## **Agility Phase – 4 rounds of each**

1. Forward- backward-forward
2. Lateral shuffle
3. Diamond agility

## **Strength Phase – 3 rounds 30 seconds each**

1. Curl rotate press (10 each arm)
2. Shoulder rotation (10 each arm)
3. Plank hold to low pushup hold (45 seconds)

## **COOL DOWN**