

Coach Ben's Weekly Challenge

MONDAY MARCH 30th 2020

Warm Up – 3 rounds of each exercise

1. High Knees- 10 each leg
2. Jumping Jacks- 15 reps
3. Body Weight Squats- 10 reps

Agility Phase – 3 rounds of each exercise

1. Running Skips Forward down and back
2. Forward – Backward- Forward
3. Side Shuffle- Side Shuffle- Sprint

Strength Phase – 3 rounds of each exercise

1. Front Lunge 5 each leg
2. Lateral Lunge 5 each leg
3. Split Squat Jumps 10 total

COOL DOWN