

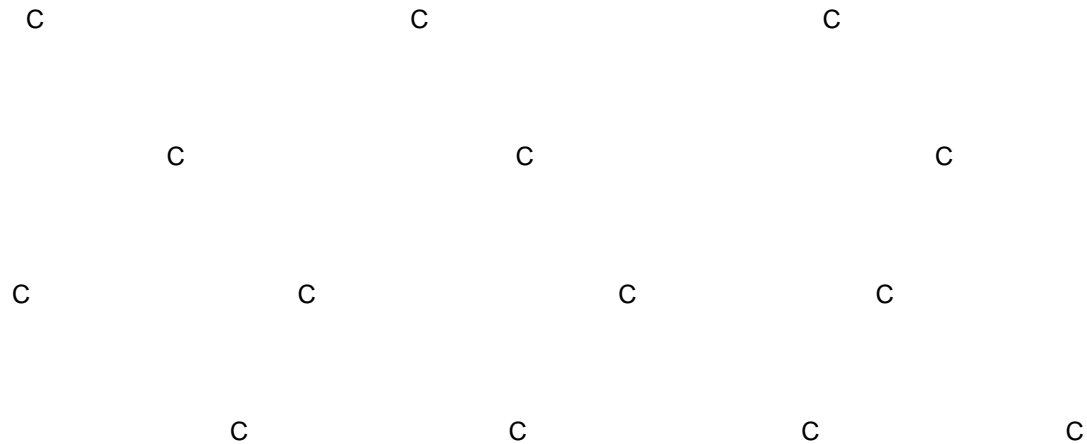
Flip Em'

Duration: 18 minutes

5'

Equipment: Stopwatch and 15-20 Markers

Method: Scatter multiple markers randomly out so they are at least 7 large foot strides apart, Begin at any cone/marker. You will need 3 body weight exercises for this drill. Examples: Reverse Lunges, Inchworms, Straight Leg Situp.



Here Is The Challenge

Round 1

Step 1: Players must sprint and flip over as many different markers as possible in 60 seconds

Step 2: Once finished, they must perform the first exercise where they stand in Tabata style.

Rest for 30 seconds

Round 2: Same as round 1. Change to the second exercise after the sprint.

Round 3: Same as round 1. Change to the third exercise after the sprint

Note: The challenge is a lot harder than it looks. So bring your A game. Tabata Style = (8) 20 second working rounds, with each working round followed by a 10 second "break." Each Tabata round should be performed at a high intensity. Focus on getting in as many high quality reps in as you can, within the 20 seconds. DO NOT take more than 10 seconds of break in between working rounds. HAVE FUN!!!