

## Walk The Line

**Duration:** 10 minutes

**Equipment:** Stopwatch, Exercise Markers

**Method:** Use the following bodyweight exercises

1. ATG Squats - Think regular squat BUT go as DEEP as humanly possible, while maintaining upright posture and heel contact.
2. Alternating Foot and Hand Touch from Plank - Assume plank position on your elbows. Keep hips level with your back/shoulders. Pick up one foot and the opposite hand and reach out as far laterally as you can with both and "tap" the ground. Return to starting position and duplicate the same process on the other side.
3. Push Up with Shoulder Tap - Your standard push up but add two shoulder taps in between reps.
4. Alternating Jumping Lunge - Stagger your feet and explode UPWARDS, switch your back foot to the front and your front foot to the back in mid air. Land soft and "absorb" the landing.
5. Banana Hold - Lie on your back with your arms fully extended behind your head and your legs straight. Crunch up so your shoulder blades come up off the ground a couple inches. Keep arms behind your head. At the same time, lift your feet off the ground a couple inches but keep your knees locked out. \*Try to look like banana :)
6. Burpees - No explanation needed. You know them. You hate them. Just do them!

**Step 1:** Lay out the markers, represented by the letter "C" as shown below. Have at least 10 yards between each marker. Figures shown represent the number of seconds you spend at each marker. Either work time or rest time.

S	10	20	30	20	40	50	20	60
T	C	C	C	C	C	C	C	C
A								
R								
T								

**Step 2:** Players must carry out the following instructions.

1. Complete the first exercise for 10 seconds, then walk to the next marker.
2. Complete the second exercise for 20 seconds, then walk to the next marker.
3. Complete the third exercise for 30 seconds, then walk to the next marker.
4. Rest for 20 seconds, then walk to the next marker.
5. Complete the fourth exercise for 40 seconds, then walk to the next marker.
6. Complete the fifth exercise for 50 seconds, then walk to the next marker.
7. Rest for 20 seconds, then walk to the next marker.
8. Complete the sixth exercise for 60 seconds, then sprint to the start and back twice.

**Second Part of the Challenge:** Repeat the above drill in reverse but leave the sprint to the end. So basically players start with the sixth exercise for 60 seconds then work back towards the start.

GOOD LUCK GIRLS!!!!