

WINTER FITNESS COMBINE TRAINING WEEK 10 SCHEDULE



This week you will record your FINAL scores

T A S K S

RECORD SCORE

Lane Slides: Touches in 60 seconds

Power Punches in 60 seconds

Traditional or Modified Push-ups in
60 seconds

Squats or Chair Squats # in 60
seconds

Curl Ups # in 60 seconds

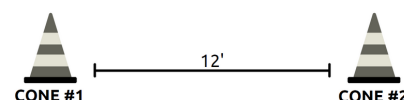
Sit and Reach Stretch Measure in
inches. Start measurement from knees

Standing Long Jump in inches
Modified: Wall Sit in seconds

Box Agility How many seconds does
it take you to get around the cones.
Sprint, Shuffle, Back Pedal, Sprint

One Leg Stance: How many seconds
can you hold the pose. Close your eyes
for an extra challenge. *up to 60
seconds

SCORING: Coaches should count the number of times an athlete returns to Cone #1. For example, an athlete shuffles from Cone #1 to Cone #2 and Cone #2 to Cone #1 = 1 point. Record the total number of points in one minute.



Endurance at Home

Quick Position



1



PUSH-UP



MODIFIED PUSH-UP

CORE STRENGTH

CURL-UP

1



2



3



1



2



MEASURE

You did it! Submit your score [online](https://www.playunified.org) or to playunified@sone.org