

Team Workout Instructions: U18 vs. U16

Monday, May 3rd, 2021

Each **Team** has to do the total amount of athletic exercises listed below.

Each **Athlete** can do whichever exercise they want and in any order.

Each **Athlete** records the number of exercises they did...

- For example: if an Athlete does 10 push-ups, they write this down on the sheet

Whichever Team completes the entire list of exercises first, wins!

- Wins what? Pride!
- U18 Team won...

Today's workout focused on **SEC**—Strength, Endurance, Core

