

<b>BR10+ Challenge Athlete</b>	<p>Complete each exercise set in the designated week. Each set should take around 10 minutes, thus the <b>10+ Challenge</b>.</p> <p>Submit completed Challenge with parent/guardian Signature to have your name entered into a drawing for a prize.</p> <p>Challenge runs November 30 – Decemeber 20th</p> <p>Each Exercise should be performed for 40 seconds with a 20 second rest.</p>
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<b>Athlete Name:</b>	<b>BR10+ Challenge Week 1 Nov. 30 - Dec. 6</b>
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Day	Exercise Set 1	Exercise Set 2	Date Completed Athlete Signature	Guardian Signature
<b>1</b>	1. Plank 2. Right Arm plank with left arm tuck under 3. Left Arm plank with Right arm tuck under 4. Plank with alternating toe touch out to side 5. Down / Up Planks alternate from hands to elbows	1. Horizontal Figure 8 2. Wide Horizontal Figure 8 3. Vertical Figure 8 4. Backhand Figure 8 5. Narrow to Wide		
<b>2</b>		1. 5 Point Toe Drag 2. Backhand Toe Pulls 3. Backhand Toe Drags 4. Backhand Cutback 5. 4 Widths Drill (Narrow to Wide)		
<b>3</b>	1. Standard Situp 2. Bicycle Situp 3. Butterfly Situp (legs tuck, hug arms around knees, back down to flat with arms over head keep feet off floor) 4. Pike situp (come to pike reaching hands up to toes) 5. Plank with alternating toe touch	1. Wide with 1 hand release 2. Triangle Puck Swap (bottom one stays) 3. Top hand only 4. Bottom hand only 5. Fake Pass Pull Back		
<b>4</b>	1. In and Out Squats 2. Skater Bounds 3. Line hops (quick feet over stick) 4. Knee jump into skater hop 5. Squat to tuck jumps	1. Squat Hold stickhandling around the world 2. Left single leg stick handling 3. Right Single leg stick handling 4. Side and Behind Datsyuk 5. Side, 45, Behind Datsyuk		
<b>5</b>	1. Left arm Ladyjack Swing (Take a weighted object above your head and swing it down across your body to the opposite side rotating your hip) 2. Right arm Ladyjack Swing 3. Goblet Swings (anything weighted, in squat position swing weight between your legs front to back) 4. Monkey Pushups (Body in more of a v so you are coming almost straight down into a pushup) 5. Standard Pushups	1. Side Datsyuk "L" BH over puck 3 2. Side Datsyuk to wide BH over Puck 3 3. Side Datsyuk to wide BH Over puck 3 FH over puck 4 4. Side Datsyuk FH Around Puck 3 5. Side Datsyuk BH Around Puck 3		

Athlete Name:

**BR10+ Challenge Week 2 Dec. 7 - Dec. 13**

Day	Exercise Set 1	Exercise Set 2	Date Completed Athlete Signature	Guardian Signature
1	<ol style="list-style-type: none"> <li>1. Verticle Squat and Jumps</li> <li>2. Pike Jump (Jump and touch toes)</li> <li>3. Alternating Jump lunges</li> <li>4. Knee jump into skater hop</li> <li>5. Squat to tuck jumps</li> </ol>	<ol style="list-style-type: none"> <li>1. 4 Puck Outside in Slide</li> <li>2. 4 Puck Infinity Slide</li> <li>3. Side Datsyuk to BH Through Vertical Figure 8</li> <li>4. Front Stickhandle quick pull to side Datsyuk</li> <li>5. Side Datsyuk pull through the legs</li> </ol>		
2	<ol style="list-style-type: none"> <li>1. Plank</li> <li>2. Right Arm plank with left arm tuck under</li> <li>3. Left Arm plank with Right arm tuck under</li> <li>4. Plank with alternating toe touch out to side</li> <li>5. Down / Up Planks alternate from hands to elbows</li> </ol>	<ol style="list-style-type: none"> <li>1. Double Side Datsyuk Stack</li> <li>2. Side and Behind Datsyuk</li> <li>3. Side, 45, Behind Datsyuk</li> <li>4. Side Datsyuk "L" BH over puck 3</li> <li>5. Side Datsyuk to wide BH over Puck 3</li> </ol>		
3		<ol style="list-style-type: none"> <li>1. Fake Pass Pullback</li> <li>2. Squat Hold stickhandling around the world</li> <li>3. Side Datsyuk to wide BH Over puck 3 FH over puck 4</li> <li>4. Side Datsyuk FH Around Puck 3</li> <li>5. Side Datsyuk BH Around Puck 3</li> </ol>		
4	<ol style="list-style-type: none"> <li>1. Plank</li> <li>2. Right Arm plank with side dip</li> <li>3. Left Arm plank with side dip</li> <li>4. Plank with alternating toe touch out to side</li> <li>5. Down / Up Planks alternate from hands to elbows</li> </ol>	<ol style="list-style-type: none"> <li>1. 4 Puck Outside in Slide</li> <li>2. 4 Puck Infinity Slide</li> <li>3. Side Datsyuk to BH Through Vertical Figure 8</li> <li>4. Front Stickhandle quick pull to side Datsyuk</li> <li>5. Side Datsyuk pull through the legs</li> </ol>		
5	<ol style="list-style-type: none"> <li>1. Left arm Ladyjack Swing</li> <li>2. Right arm Ladyjack Swing</li> <li>3. Goblet Swings</li> <li>4. Spider-Woman Pushups (As you are in your down position take your knee to your shoulder alternate legs)</li> <li>5. Dips</li> </ol>	<ol style="list-style-type: none"> <li>1. Horiozontal Figure 8</li> <li>2. Wide Horizontal Figure 8</li> <li>3. Vertical Figure 8</li> <li>4. Backhand Figure 8</li> <li>5. Narrow to Wide</li> </ol>		

Athlete Name:

**BR10+ Challenge Week 3 Dec. 14 - 20**

Day	Exercise Set 1	Exercise Set 2	Date Completed Athlete Signature	Guardian Signature
1	1. Left leg Lateral jump with a squat 2. Right leg Lateral jump with a squat 3. Hurdle hop with squat in between 4. Burpee to Broad Jump; spin jump repeat 5. Alternating one leg bridge hip thrusts	1. 4 Puck Outside in Slide 2. 4 Puck Infinity Slide 3. Side Datsyuk to BH Through Vertical Figure 8 4. Front Stickhandle quick pull to side Datsyuk 5. Side Datsyuk pull through the legs		
2		1. Double Side Datsyuk Stack 2. Side and Behind Datsyuk 3. Side, 45, Behind Datsyuk 4. Side Datsyuk "L" BH over puck 3 5. Side Datsyuk to wide BH over Puck 3		
3	1. Plank with alternating knee to chest tucks 2. Right Arm plank with left arm tuck under 3. Left Arm plank with Right arm tuck under 4. Plank with alternating toe touch out to side 5. Down / Up Planks alternate from hands to elbows	1. Fake Pass Pullback 2. Squat Hold stickhandling around the world 3. Side Datsyuk to wide BH Over puck 3 FH over puck 4 4. Side Datsyuk FH Around Puck 3 5. Side Datsyuk BH Around Puck 3		
4	1. Crab Walk 2. Push ups 3. Plank walk up to stand back down to plank 4. Dips 5. Bear Crawl	1. 4 Puck Outside in Slide 2. 4 Puck Infinity Slide 3. Side Datsyuk to BH Through Vertical Figure 8 4. Front Stickhandle quick pull to side Datsyuk 5. Side Datsyuk pull through the legs		
5	<b>You are almost there, one more stick handling set.</b> <b>Get a good nights rest, drink plenty of water.</b> <b>It's Game Weekend!!</b> <b>Good luck!</b>	1. 5 Point Toe Drag 2. Backhand Toe Pulls 3. Backhand Toe Drags 4. Backhand Cutback 5. 4 Widths Drill (Narrow to Wide)		