



## SCOTS CHALLENGE



- Run 1 lap around the track
- Hop: continuously for 90 seconds (ankle hops, slight knee flexion)
- Run 2 full gassers (50 seconds each)  
1 minute rest (width of FB field)
- Standing broad jump width of the field
- 10 push-ups followed by 10 sit-ups
- Skip with high knees the width of the football field and back
- 10 push-ups followed by 10 sit-ups
- Lunge the width of the football field
- Finish with a gasser : GOAL TO FINISH