



FEBRUARY 8 - MARCH 21

Release your inner athlete and tackle the Cooper Football Combine exercise challenge, February 8-March 21. Earn 2,000 Myzone Effort Points (MEPs) or 1,000 minutes of exercise and also complete 25 additional activities to demonstrate your best and play like the pros.



NAME _____ EMAIL _____



40-YARD DASH—MOVE YOUR FEET

- Tackle the quarter-mile loop on the outdoor track (WOTW 3/1)
- Race around the half-mile (500m) loop on the outdoor track
- Go the extra mile: Walk/run a lap on the mile loop on the outdoor track
- Take a lap outdoors



VERTICAL JUMP—ELEVATE YOUR GAME

- Incorporate a box jump into your workout (WOTW 3/15)
- Progress up in height of your box jump
- Complete 250m on the ski erg
- Check in at CFC at least 3 times in one week



PRE-TRAINING—PREPARING FOR THE GAME

- Start with a healthy breakfast: _____
- Perform 10 minutes of stretching
- Fuel your body with a Cedars smoothie including a scoop of protein
- Prepare your gym bag the night before
- Complete 15 minutes of cardio to warm up



20-YARD SHUTTLE—PUSH YOURSELF

- Incorporate a shuttle run into your routine (WOTW 2/22)
- Park in the furthest spot to add some steps to your day
- Shift directions with a new group exercise class



WOTW = Workout Of The Week sent via email and posted on CFC's social channels
EXERCISE REQUIREMENTS = Earn 2,000 MEPs or exercise 1,000 minutes
ACTIVITIES REQUIREMENTS = Complete 25 activities



BENCH PRESS—A BOOST TO YOUR BENCH

- Complete 3 sets on the bench press
- Progress up in weight on the bench press
- Blitz the bench into your workout (WOTW 2/8)
- Include a press into your workout (WOTW 2/15)

OFF THE FIELD—REVIEW YOUR FILM

- Complete your annual physical
- Catch up with a friend or family member
- Tag us in your post-workout photo @cooperfitnesscenterandspa
- Limit dessert to once a week
- List an accountability partner: _____
- Plan your meals for the week

BROAD JUMP—GO LONG

- Incorporate broad jumps into your workout (WOTW 3/8)
- Jump rope for 5 minutes
- Complete 32 lunges, one for each NFL team

POST-TRAINING—IN THE LOCKER ROOM

- Refuel and recharge with a healthy meal: _____
- Sleep a full 8 hours per night
- Spend 10 minutes cooling down from your workout
- Relax in the steam room after exercising
- Use a recovery tool of your choice to soothe your sore muscles
- Attend a dance class to work on your Touchdown Dance

