

Team Challenge #7

Trainer: Matt Wilhelm

Due Date: January 22nd at noon

Challenge: Dynamax Ball Overhead Throw Challenge

Take a 6 lb Dynamax Ball and get down on both knees. Place the ball overhead and throw forward as far as you can. Do this three times and record the furthest throw. You can kneel on a mat or aeromat pad if you have knee issues. This will be done on the turf and yds will be recorded. You will record the farthest yd you landed on or past. For example, if you make it 10.5 yds, it is recorded at 10 yds. The Trainer will record and submit the results to Erin at efaught@princetonclub.net.

Team Name/Day/Time: _____

Trainer: _____

of Team Participants: _____

Name: _____ Yds Furthest Throw: _____

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Name: _____ Yds Furthest Throw: _____

Name: _____ Yds Furthest Throw: _____

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