

## DAY 15

### Cycling

60-75min

Challenge yourself by 6 x 30m, preferably some easy uphill!

### Ball training

Quite a complex video with quick feet, dribbling, strengthening

- <https://www.youtube.com/watch?v=InTdnX49xJk>

### Strengthening

Perhas a bit advanced CORE, Upper body work-out. The idea is to learn new exercises and challenge yourself:

- <https://www.youtube.com/watch?v=5feZcZJGy3I>

### Rolling OR Stretching

10 - 15min

Very short video with few stretches for your routine:

- <https://www.youtube.com/watch?v=KJaWIBg15n0>