

EXERCISE GUIDE

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements.

-OR-

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

FORWARD SKIP



Skip forward through ladder on balls of feet with an alternate step/hop touch in each square and alternate bent arm swings.

FORWARD RUN



Run forward through ladder on balls of feet with an alternate 2-foot touch in each square and alternate bent arm swings.

FORWARD HOP



Hop forward through ladder on balls of feet into each square with forward/backward bent arm swings.

EXERCISE GUIDE

FORWARD DIAGONAL SHUFFLE

Run forward through the ladder on balls of feet moving diagonally across the ladder with an alternate 2-foot touch in each square and 1-foot touch alongside the ladder and alternate bent arm swings.

LATERAL RUN

Run laterally through the ladder on balls of feet with an alternate 2-foot touch in each square and alternate bent arm swing.

LATERAL HOP

Hop laterally through the ladder on balls of feet into each square and then out along side of ladder with forward/backward arm swings.