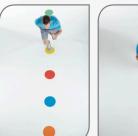
# SPRI AGILITY DOTS

EXERCISE GUIDE

#### **Exercise Instruction**

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform every movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 20 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.

# SINGLE LINE







Stand on one foot on dot at end of line and balance, hop forward, switch legs and land softly on ball of opposite foot. Immediately hop forward alternating feet from dot to dot in a continuous manner. Turn around at end of line and repeat in opposite direction.

## DOUBLE LINE







Stand with one foot on each dot at end of line and begin running in place on balls of feet. Hop forward and land in an alternating foot pattern on dots in front while continuing to run in place on balls of feet. Repeat and hop forward onto the last set of dots while continuing to run in place. Turn around at end of line and repeat in opposite direction.

# DIAGONAL







Stand on one foot on dot at end of line and balance, hop forward diagonally, switch legs and land softly on ball of foot while crossing opposite leg behind body. Immediately hop forward diagonally in opposite direction alternating feet from dot to dot in a continuous manner. Turn around at end and repeat in opposite direction.

## HOP-SCOTCH







Stand on two feet on end dot, hop forward, spread legs and land softly on balls of feet with one foot on each dot. Immediately hop forward in a continuous together/apart foot pattern. Jump, land, and turn on dots at opposite end and repeat continuous together/apart foot pattern in opposite direction.

## CIRCLE







Stand on one foot on outer circle dot and balance, hop inward toward dot in middle of circle, land softly on ball of opposite foot and balance. Then hop outward toward another outer circle, land softly on ball of opposite foot and balance. Continue alternate foot continuous hopping pattern from outer circle dot to middle circle dot until you have hopped onto all outer circle dots. Switch lead leg and repeat.

## SQUARE







Stand with one foot on each middle dot, hop forward diagonally onto corner dot and land softly on balls of feet. Hop backward onto middle dots, then immediately hop backward diagonally onto corner dot and land softly on balls of feet. Continue forward/backward two-leg continuous diagonal hopping pattern from middle dots to alternate corner dot.

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