Start: Face away from training partner and place pad across front of waist. Position feet shoulder-width apart, bend down.

Finish: Quickly bend and drive arms up and forward while partially extending legs and hopping forward onto balls of feet. Soften knees upon foot strike, then immediately hop backward to start position. Get set in start position, and repeat immediately.

---OR---

Start: Face away from training partner and place pad across front of waist. Position feet shoulder-width apart, bend down.

Finish: Quickly bend and drive arms up and forward while partially extending legs and hopping forward onto balls of feet. Soften knees upon foot strike, then immediately hop backward to start position. Get set in start position, and repeat immediately.
**LATERAL RUN**

*Start:* Position one side of body toward training partner and place pad across side of waist. Begin swinging arms, lifting knees and running in place close to training partner at half-speed.

*Finish:* When ready, lean slightly to the side, increase arm speed and leg drive while increasing distance between you and training partner. Maintain proper in-place full-speed lateral running form with optimal cord resistance for a desired period of time. Once completed, decrease running speed and return to start position in a controlled manner, rest, and then repeat.

**SIDE HOPS**

*Start:* Position one side of body toward training partner and place pad across side of waist. Position feet hip-width apart, bend knees and assume a partial squat, bent arm, athletic ready-position.

*Finish:* Quickly swing bent arms across front of body, extend and drive off leg closest to training partner while hopping laterally and planting weight on foot of opposite leg. Soften knee upon foot strike and immediately hop sideways to start position. Get set in start position, and repeat immediately.