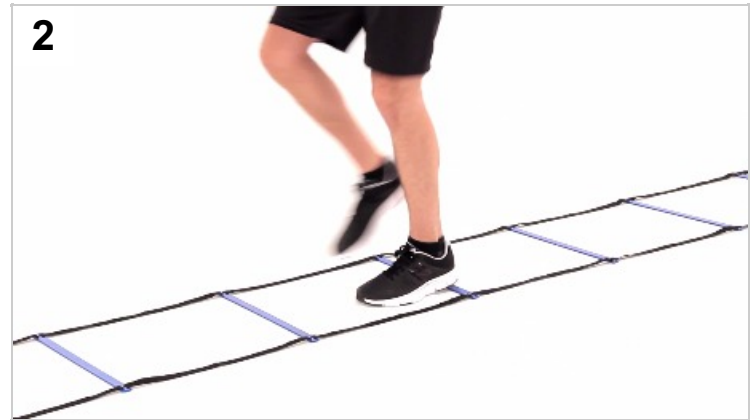
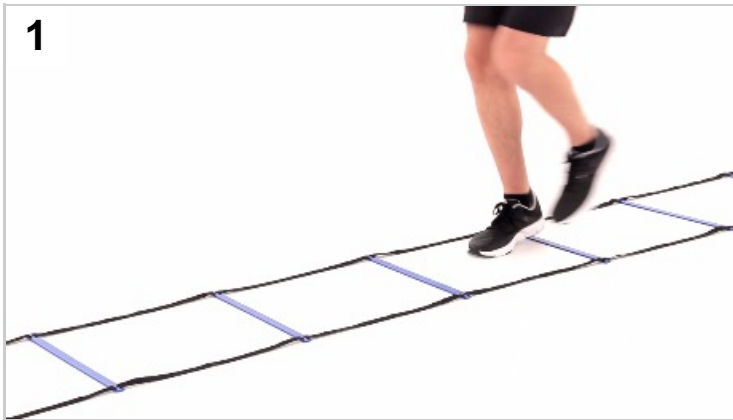


Forward Step with Agility Ladder (One Foot in each Square)

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

Step forward into the next square with one foot, then quickly step your other foot into the following square. Continue this pattern until you reach the end of the ladder and repeat.

Tip

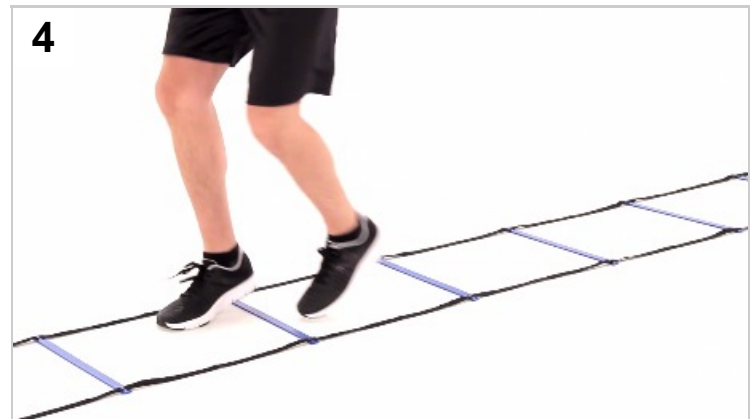
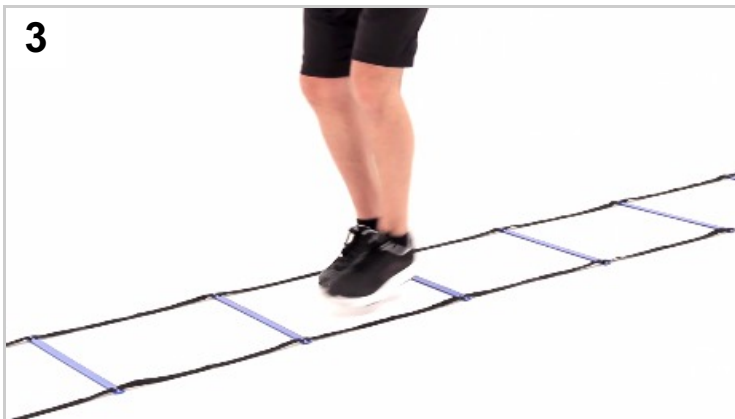
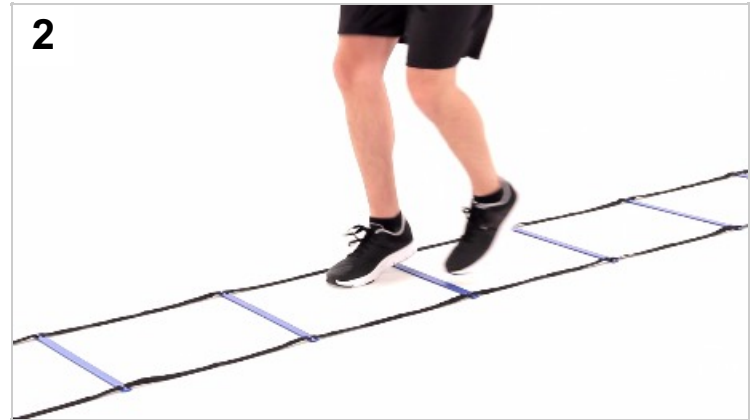
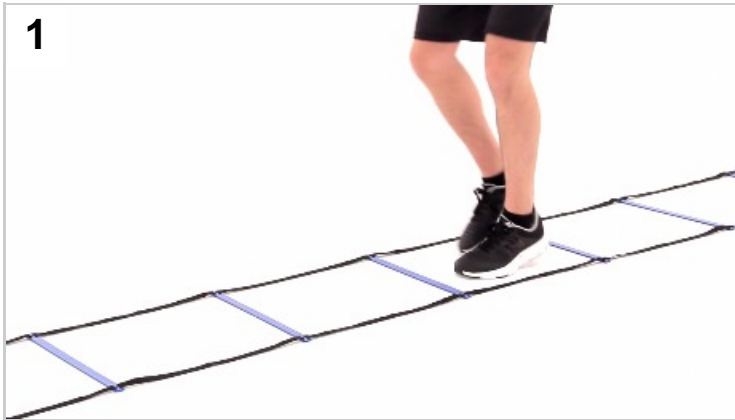
Make sure to keep your movements controlled and maintain your balance during the exercise.

Forward Step with Agility Ladder (Two Feet in each Square)

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

Step forward into the next square with one foot and quickly follow with your other foot. Continue this pattern until you reach the end of the ladder and repeat.

Tip

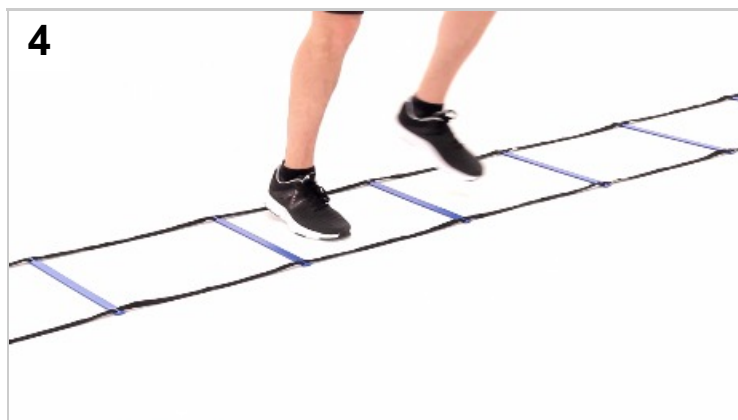
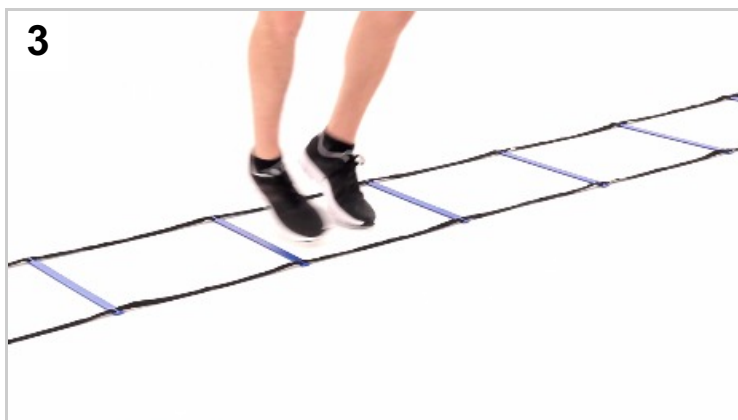
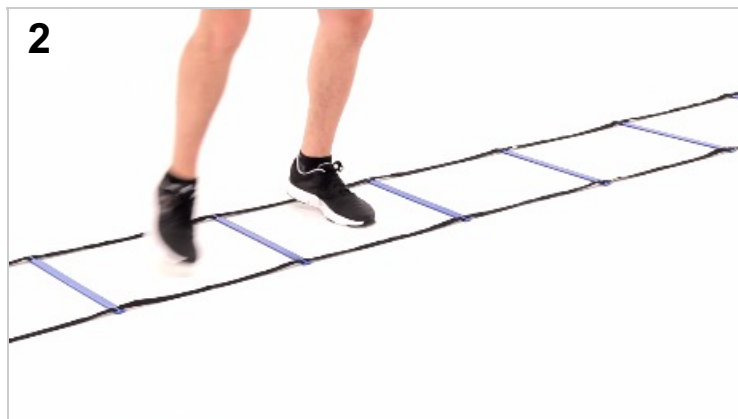
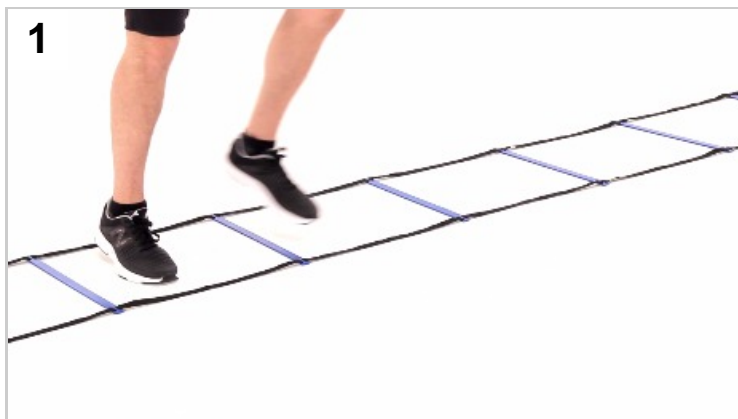
Make sure to keep your movements controlled and maintain your balance during the exercise.

Side Step with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder that continues out to your side.

Movement

Step sideways into the next square with one foot, quickly following with your other foot. Continue this pattern until you reach the end of the ladder and repeat in the opposite direction.

Tip

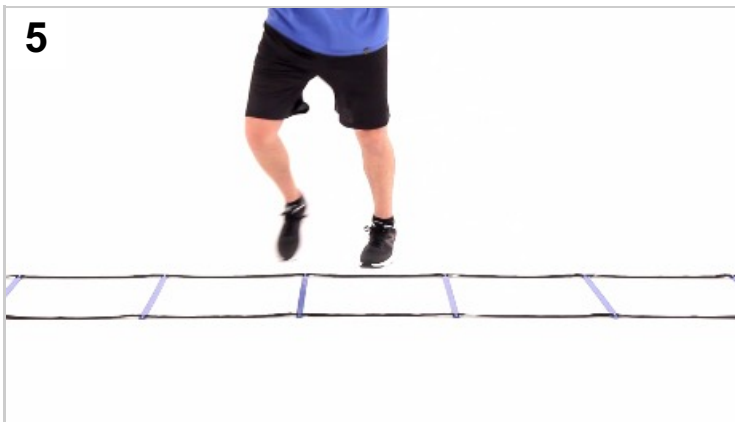
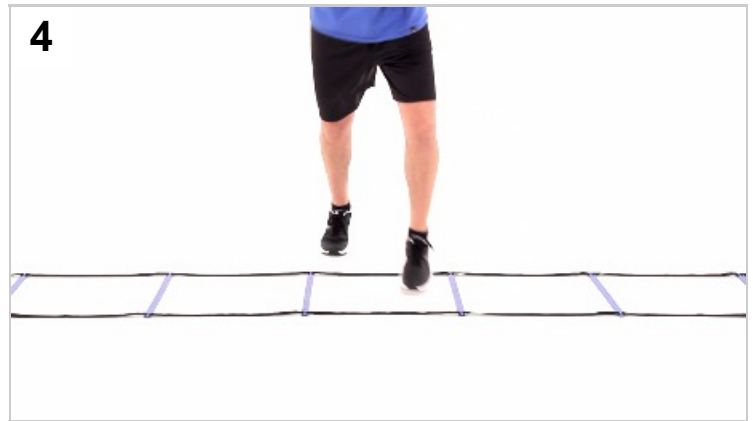
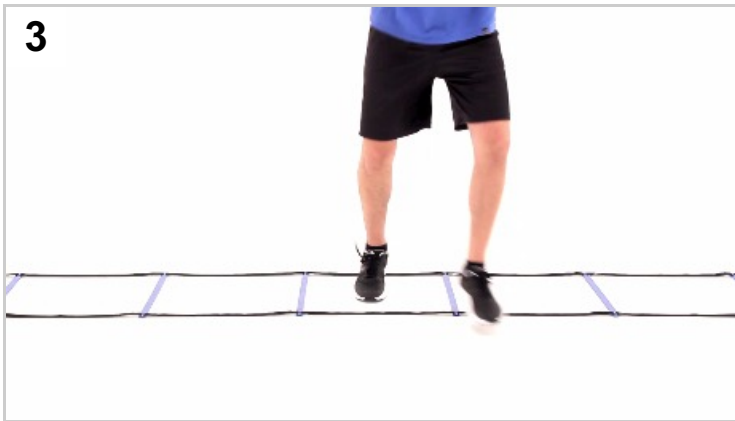
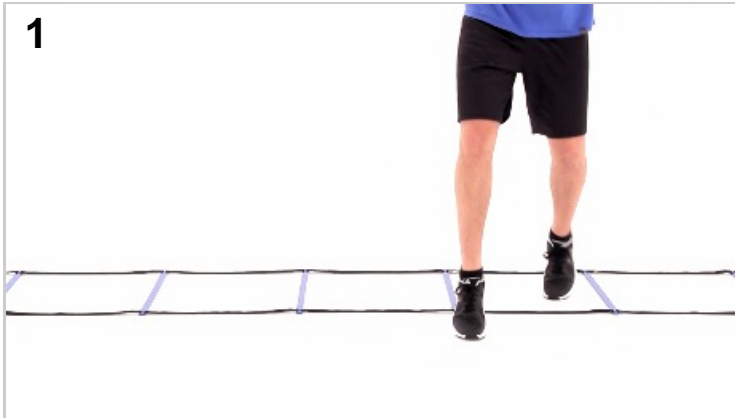
Make sure to keep your body upright and your movements controlled during the exercise.

Lateral Back & Forth Shuffle with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in front of an agility ladder that continues out to your side.

Movement

Step your lead foot forward into the first square and follow with your other foot, then quickly take two steps above the ladder. Step your trailing foot backward in the next square, step together, and quickly take two steps below the ladder. Continue this pattern until you reach the end of the ladder and repeat in the opposite direction.

Tip

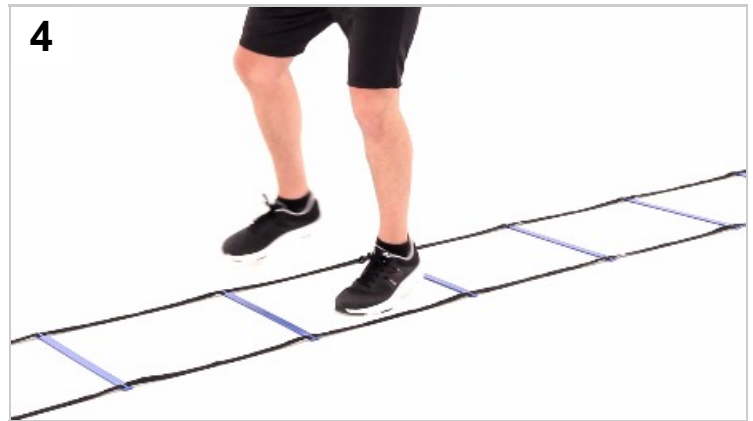
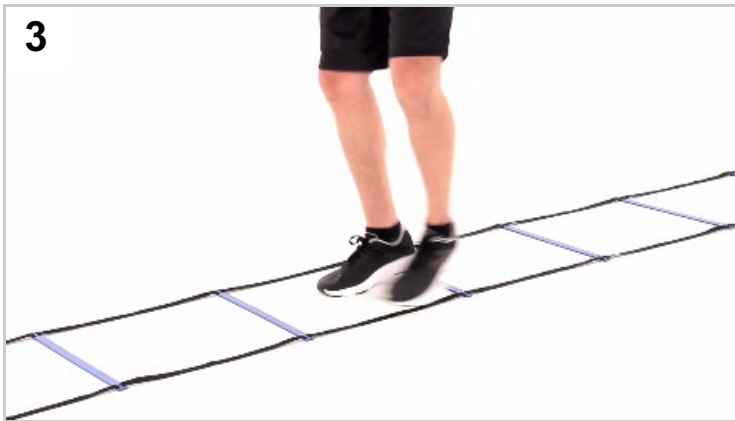
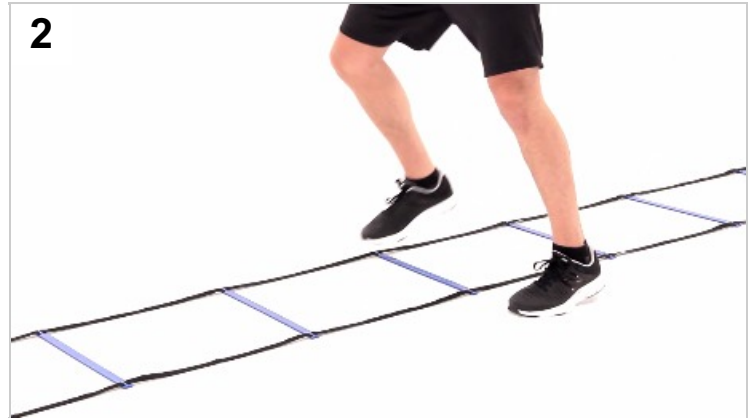
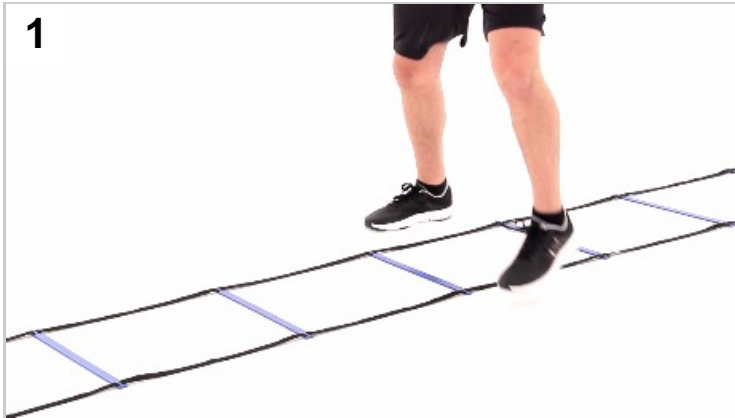
Make sure to keep your movements controlled and maintain your balance during the exercise.

Two Out, Two In (In - In - Out -Out) with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

Step one foot outside the next square and repeat with the other foot on the opposite side, then step the first foot into the square followed by your other foot. Continue this pattern until you reach the end of the ladder and repeat.

Tip

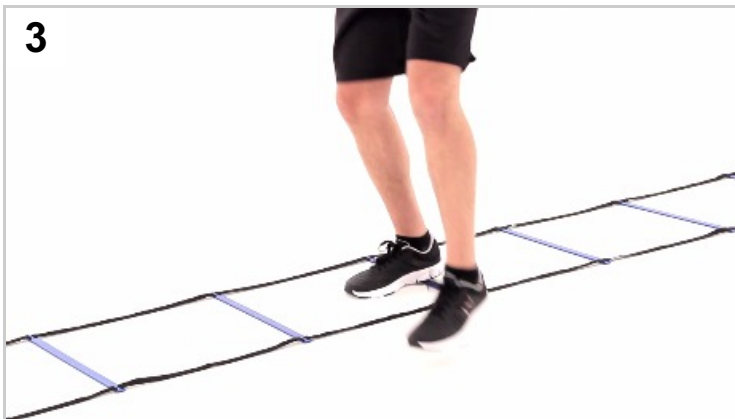
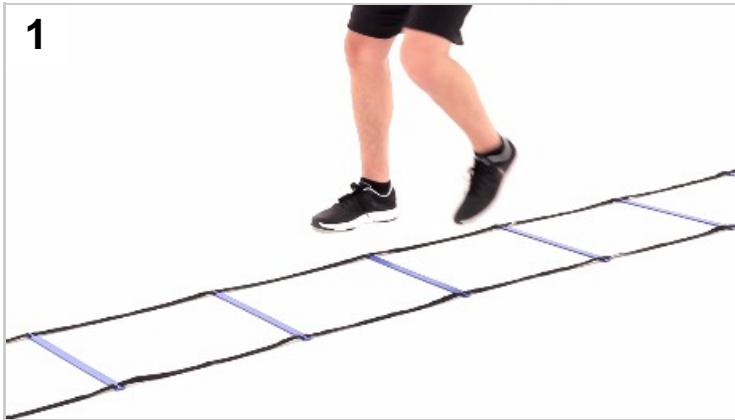
Make sure to keep your movements controlled and maintain your balance during the exercise.

Forward Shuffle - Two Feet In, One Foot Out with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position to the side of an agility ladder.

Movement

Step sideways into the first square with one foot and quickly follow with your other foot, then step out on the opposite side of the ladder with one foot and reverse the movement to return to the starting side. Continue this pattern until you reach the end of the ladder and repeat.

Tip

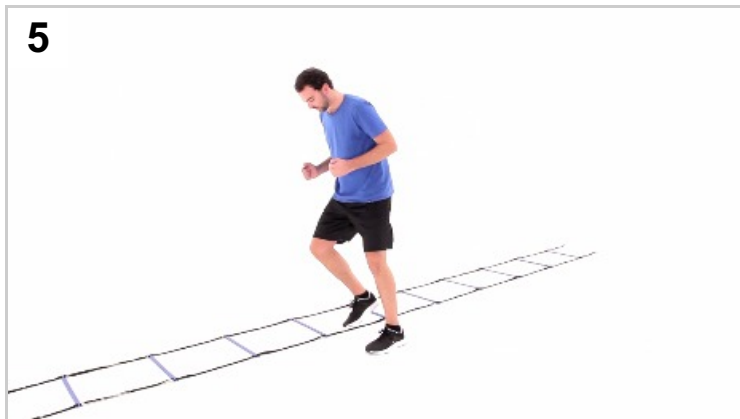
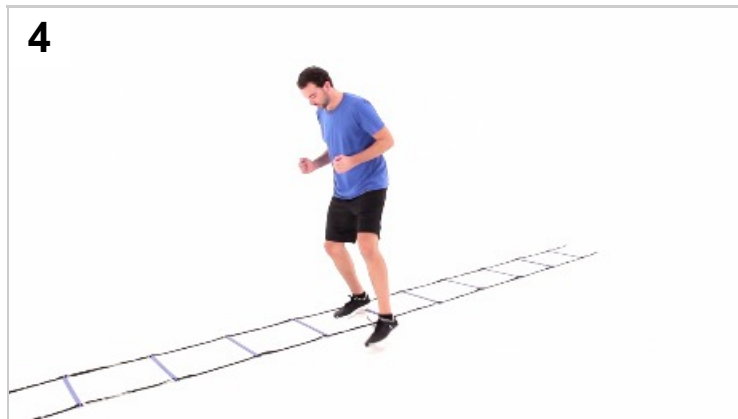
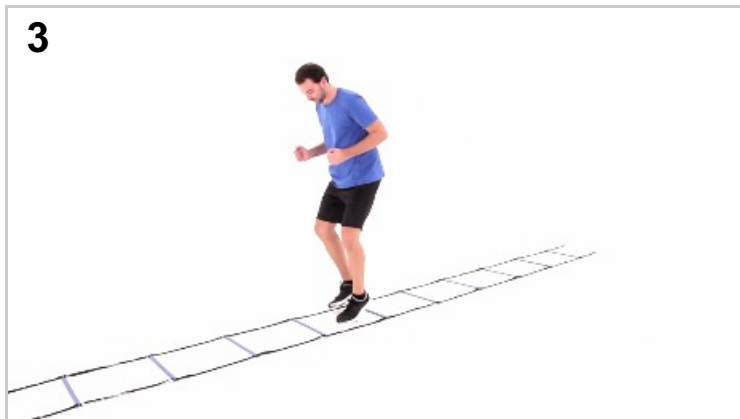
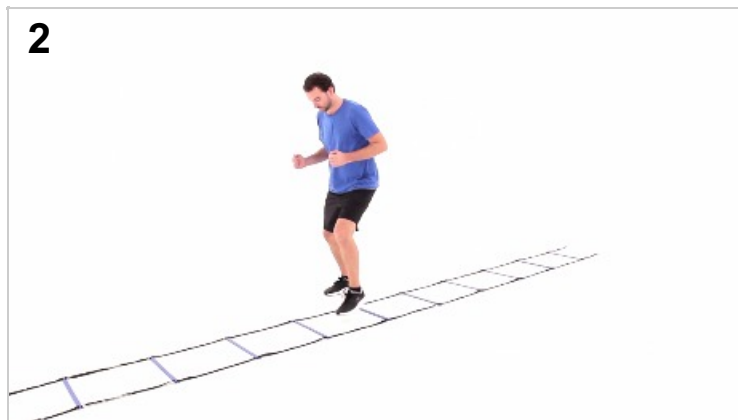
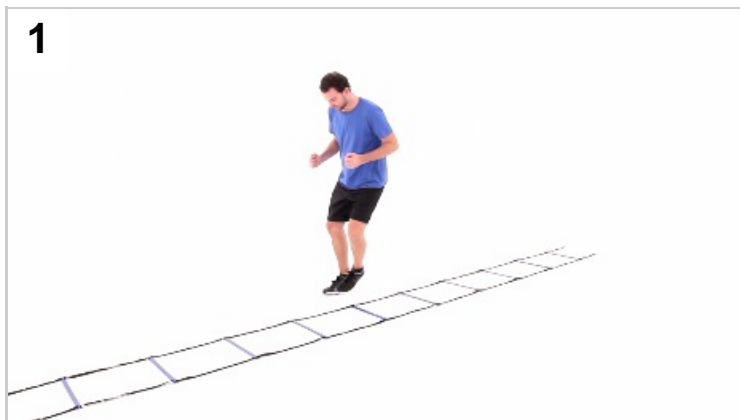
Make sure to keep your movements controlled and maintain your balance during the exercise.

Forward Shuffle- Two Feet In, Two Feet Out with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position to the side of an agility ladder.

Movement

Step sideways into the first square with one foot and quickly follow with your other foot, then step out on the opposite side of the ladder with the first foot and step together with your other foot. Reverse the movement to return to the starting side and continue this pattern until you reach the end of the ladder and repeat.

Tip

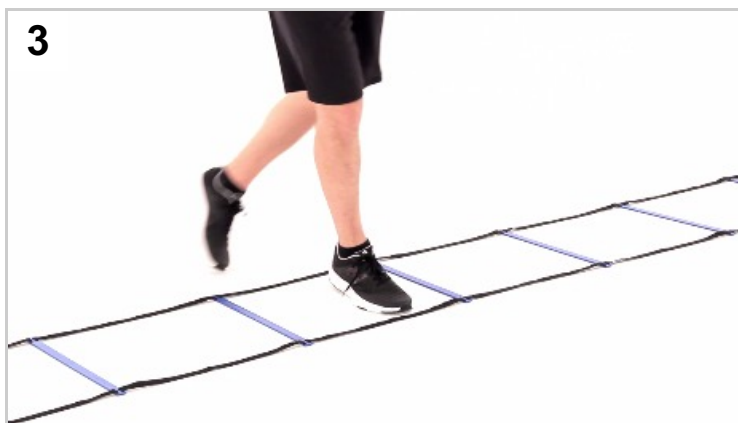
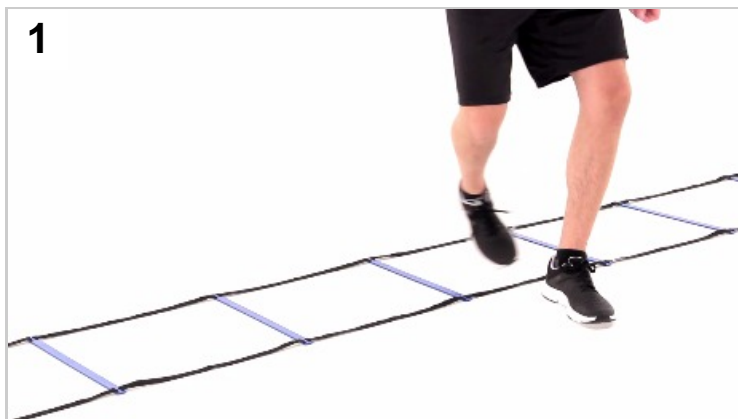
Make sure to keep your movements controlled and maintain your balance during the exercise.

Carioca with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder that continues out to your side.

Movement

Step sideways into the next square and alternate between stepping in front of and behind your lead foot. Continue this pattern until you reach the end of the ladder and repeat in the opposite direction.

Tip

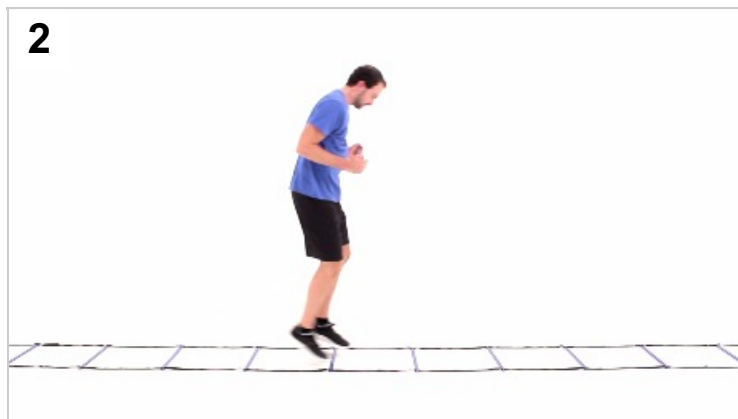
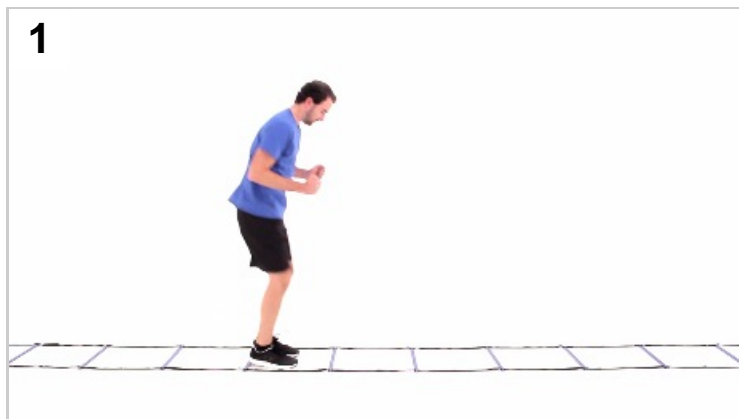
Make sure to keep your movements controlled and maintain your balance during the exercise.

Hops with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

Hop both feet into the next square, keeping your feet together. Continue this pattern until you reach the end of the ladder and repeat.

Tip

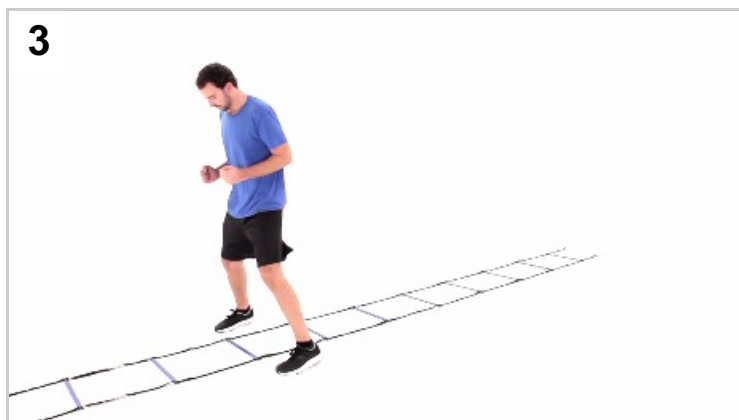
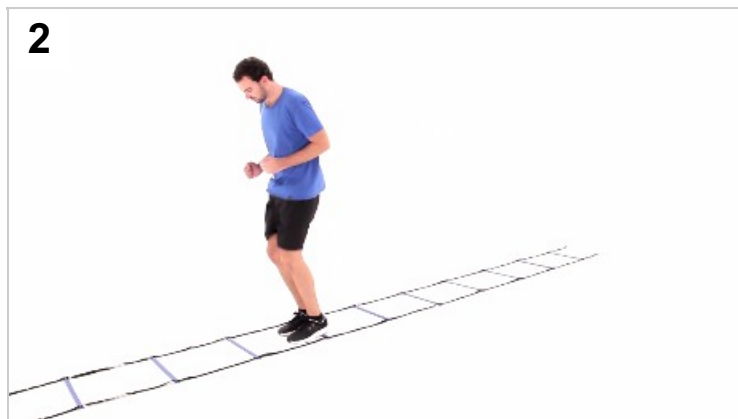
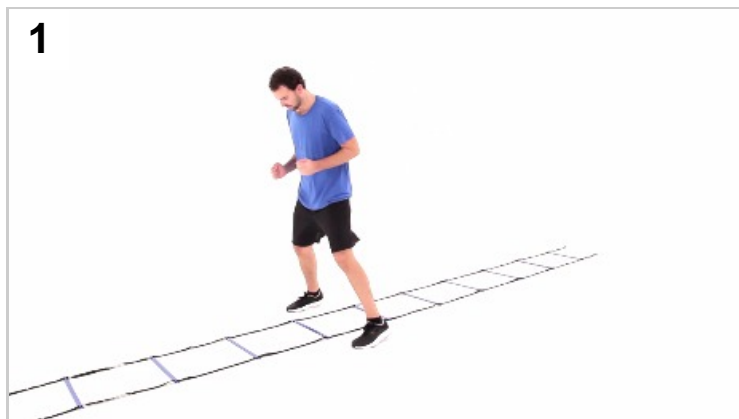
Make sure to keep your movements controlled and maintain your balance during the exercise.

Side Straddle Hop with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

Jump both feet outside the ladder, then jump both feet together in the next square. Continue this pattern until you reach the end of the ladder and repeat.

Tip

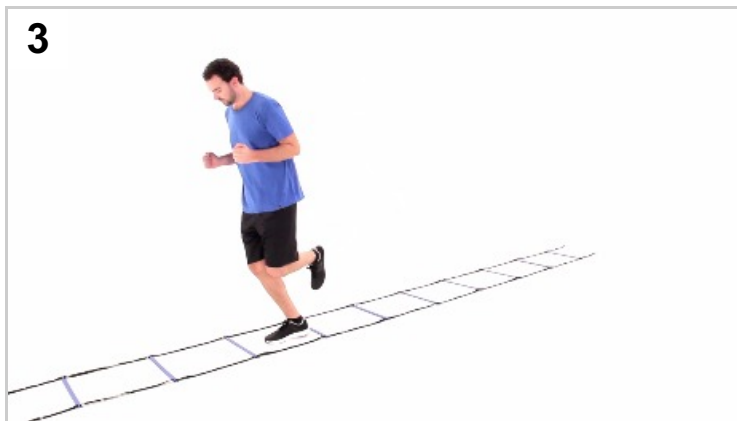
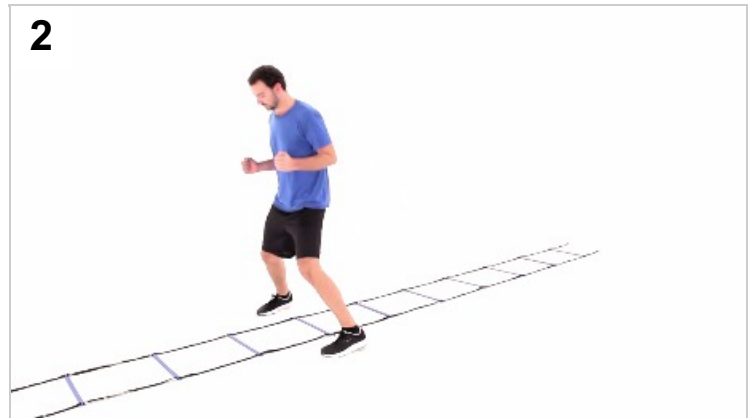
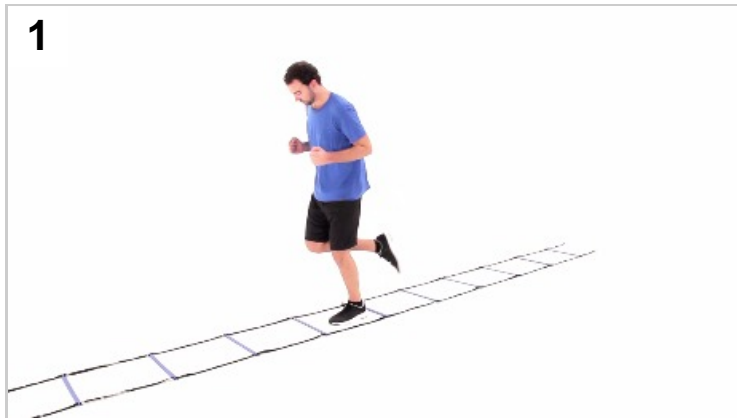
Make sure to keep your movements controlled and maintain your balance during the exercise.

Side Straddle Single Leg Hop with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

Jump both feet outside the ladder, then jump onto one foot in the next square. Continue this pattern, alternating the foot you jump onto, until you reach the end of the ladder and repeat.

Tip

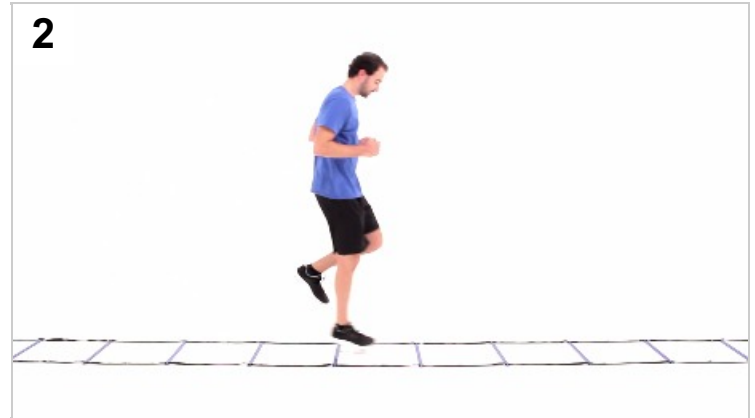
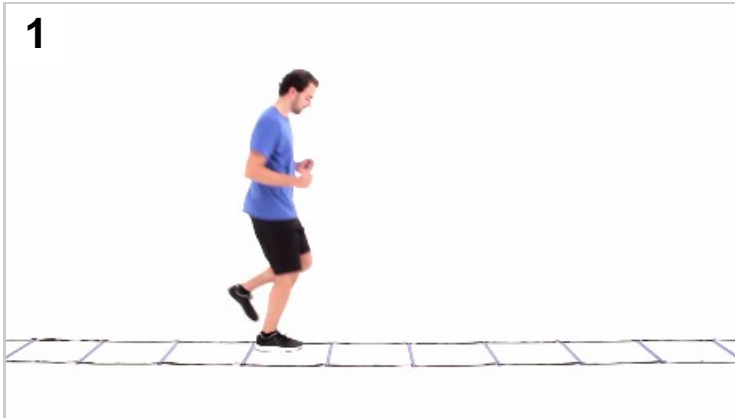
Make sure to keep your movements controlled and maintain your balance during the exercise.

Single Leg Hops with Agility Ladder

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position in a square at the end of an agility ladder.

Movement

Hop forward into the next square with one leg. Continue this pattern until you reach the end of the ladder and repeat with your opposite leg.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.