



**2A: LINEAR/  
LATERAL RUN**

**Duration:** 8-12 Reps

**Start:** Facing forward, stand in 1st square, knees and elbows bent. Lean and step to left of 2nd square with left foot, then right foot.

**Move:** Continue pattern, stepping into next square, then to right of square with right foot, then left foot.

**Stop:** When you reach the end of the ladder.

**START**



**MOVE**



**STOP**



**Increase Difficulty:** Skip stepping into each square, moving directly from left to right of square.

**2B: LATERAL  
RUN**

**Duration:** 8-12 Reps

**Start:** Facing to the right, knees and elbows bent. Run sideways into center of each square, starting with right foot.

**Move:** Continue pattern, always stepping with right foot first and left foot passing over right foot.

**Stop:** When you reach the end of ladder.

**START**



**MOVE**



**STOP**



**Increase Difficulty:** Cross left foot over right into the next square with high knees.

**3A: LINEAR RUN  
 STAGGERED  
 STEP**

**Duration:** 8-12 Reps

**Start:** Stand behind 6 hurdles, step with outside foot over 1st hurdle. Step over 2nd hurdle with other foot. Keep elbows bent and stay on balls of feet.

**Move:** Continue alternating feet, completing the course in 6 steps only.

**Stop:** After the 6th step.

**START**



**MOVE**



**STOP**



**Increase Difficulty:** Vary the distance between each hurdle.

**3B: TWO-FOOT  
 LINEAR JUMPS**

**Duration:** 8-12 Reps

**Start:** Facing forward with legs and feet together, jump over each hurdle with both feet, keeping elbows bent.

**Move:** Land on the balls of both feet in front of each hurdle.

**Stop:** After the last hurdle.

**START**



**MOVE**



**STOP**



**Increase Difficulty:** Jump with high knees.

- Pantry items
- Folded blanket or towel
- Rolls of toilet paper

**4A: LINEAR RUN**

**Duration:** 8-12 Reps

**Start:** Facing forward with elbows bent, run over hurdles, taking 1 step only between each hurdle.

**Move:** Continue pattern, keeping back straight and lifting knees to waist.

**Stop:** When you reach the last hurdle.

**START**

**MOVE**

**STOP**



**Increase Difficulty:** Run with high knees and stay on balls of feet.

**4B: LATERAL SHUFFLE**

**Duration:** 8-12 Reps

**Start:** Facing to the right, quickly shuffle feet in front of and around 1st hurdle and behind and around 2nd hurdle.

**Move:** Continue pattern, weaving around each hurdle while keeping back straight and body facing to right.

**Stop:** When you reach the last hurdle.

**START**

**MOVE**

**STOP**



**Increase Difficulty:** Increase and vary distance between each hurdle.

- Pantry items
- Folded blanket or towel
- Rolls of toilet paper

**SA: ONE-FOOT JUMP**

**Duration:** 8-12 Reps

**Start:** Facing forward, knees and elbows bent. Jump forward into each square, landing on right foot.

**Move:** Continue pattern, keeping left foot tucked behind body and landing only on right foot.

**Stop:** When you reach the end of the ladder. Alternate feet each rep.

**START**



**MOVE**



**STOP**



**Increase Difficulty:** Jump out to the right and left of each square. Jump with non-dominant foot only.

**SB: IN-OUT JUMPS**

**Duration:** 8-12 Reps

**Start:** Facing forward, knees and elbows bent. Jump into 1st square with both feet. Jump out to sides of 1st square with left foot to left of square and right foot to right of square.

**Move:** Jump into 2nd square and out to sides with corresponding foot on each side.

**Stop:** When you reach the end of the ladder.

**START**



**MOVE**



**STOP**



**Increase Difficulty:** Jump into 1st square and immediately out to the sides of the 2nd square, into the 3rd square, out to sides of 4th, and so on.