



# WORKOUT OF THE DAY



## Agility-Speed Cardio training

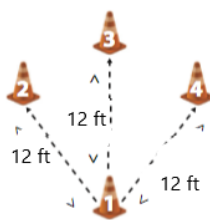
**What You'll Need:** 1 agility ladder, 7 footwork cones optional 10 hurdles.

**Recommendations:** Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

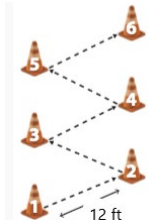
**Warm Up (2X):** Lateral Walking r/l, High knees, torso twists, hips rolls, side lunges, lateral shuffle, butt kickers, knee bends, and ankle circles. 30 Seconds each exercise. Repeat twice.

**Cones Agility speed drills:** 5 to 6 sets each. Rest 30 seconds to 90 seconds in between sets and one to 3 minutes between each drill. Accommodate according to fitness level.

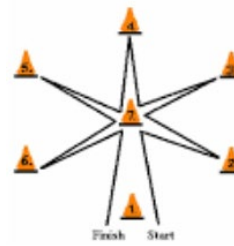
1) 3 cones push off



2) lateral Z Drill



3) 7 cones Star drill

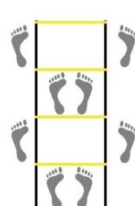


**Ladder or hurdles Agility speed drills:** 5 to 6 sets each. Same as before.

1) Lateral run Drill



2) Hopscotch jump drill 3) Forward speed run drill



**Cool Down:** take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.