**AGILITIE CONE DRILL PROGRAM 1**



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|  | **WORKOUT 1** | **WORKOUT 2** | **WORKOUT 3** | **WORKOUT 4** | **WORKOUT 5** | **WORKOUT 6** |
|  |  |  |  |  |  |  |
| V CONE DRILL | 2x | 3x | 2x | 2x | 3x | 3x |
| T CONE DRILL | 2x | 3x | 2x | 3x | 3x | 3x |
| L CONE DRILL | 2x | 2x | 3x | 2x | 3x | 3x |
| BOX CONE DRILL | 2x | 2x | 2x | 3x | 3x | 3x |
| SUICIDE CONE DRILL | 2x | 2x | 2x | 3x | 3x | 3x |