 **AGILITIE SPEEDLADDER PROGRAM 1**

|  |  |  |  |  |  |  |
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|  | **WORKOUT 1** | **WORKOUT 2** | **WORKOUT 3** | **WORKOUT 4** | **WORKOUT 5** | **WORKOUT 6** |
|  |  |  |  |  |  |  |
| 1 FORWARD IN IN OUT OUT  | 2x | 3x | 2x | 2x | 3x | 3x |
| 2 FORWARD IN IN OUT OUT JUMING  | 2x | 3x | 2x | 3x | 3x | 3x |
|  |  |  |  |  |  |  |
| 3. FORWARD IN IN OUT OUT EXTRA STEP INSDE | 2x | 2x | 2x | 3x | 3x | 3x |
| FORWARD IN IN OUT OUT EXTRA STEP OUTSIDE | 2x | 2x | 2x | 3x | 3x | 3x |
|  |  |  |  |  |  |  |
| 5 SIDEWAYS IN IN OUT OUT 1 BOX | 2x | 2x | 3x | 2x | 3x | 3x |
| 5 SIDEWAYS IN IN OUT OUT 2 BOX | 2x | 2x | 3x | 3x | 3x | 3x |
|  |  |  |  |  |  |  |
| 7 2 FORWARD 1 BACKWARDS  | 2x | 2x | 3x | 2x | 2x | 3x |
| 8 2 SIDEWAYS BACK 2 SIDEWAYS FORWARD | 2x | 2x | 2x | 3x | 2x | 3x |
|  |  |  |  |  |  |  |
| 9 3 STEPS IN A BOX | 2x | 2x | 2x | 2x | 2x | 3x |
| 10 4 STEPS IN A BOX | 2x | 2x | 2x | 2x | 2x | 3x |