A picture containing person, sport, person, game

Description automatically generated **AGILITIE SPEEDLADDER PROGRAM 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **WORKOUT 1** | **WORKOUT 2** | **WORKOUT 3** | **WORKOUT 4** | **WORKOUT 5** | **WORKOUT 6** |
|  |  |  |  |  |  |  |
| SINGLE LEG SKIPPING L | 2x | 3x | 2x | 2x | 3x | 3x |
| SINGLE LEG SKIPPING R | 2x | 3x | 2x | 3x | 3x | 3x |
|  |  |  |  |  |  |  |
| SINGLE LEG SKIPPING SIDE WAYS L | 2x | 2x | 2x | 3x | 3x | 3x |
| SINGLE LEG SKIPPING SIDE WAYS R | 2x | 2x | 2x | 3x | 3x | 3x |
|  |  |  |  |  |  |  |
| ICKY SHUFFLE | 2x | 2x | 3x | 2x | 3x | 3x |
| ICKY SHUFFLE DOUBLE TAP | 2x | 2x | 3x | 3x | 3x | 3x |
| ICKY SHUFFLE BACKWARDS | 2x | 2x | 3x | 2x | 2x | 3x |
|  |  |  |  |  |  |  |
| ALI SHUFFLE | 2x | 2x | 2x | 3x | 2x | 3x |
| CROSS STEP BACKWARDS | 2x | 2x | 2x | 2x | 2x | 3x |
| 180 JUMPS 90/90 | 2x | 2x | 2x | 2x | 2x | 3x |