

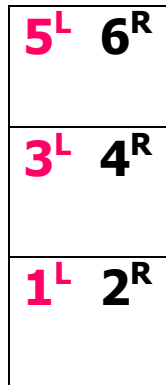
## LADDER WORK AGILITY

- **"TWO IN"**

Two feet in each rung

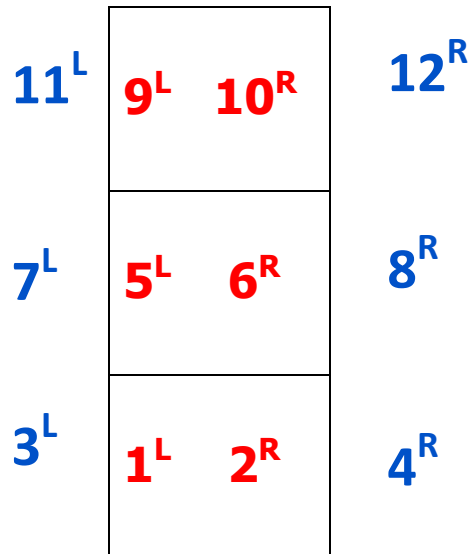
(mix up which leg you start

With)



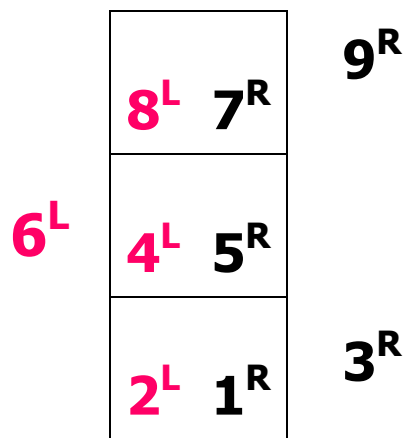
- **"TWO IN, TWO OUT"**

Two feet in, then two feet out



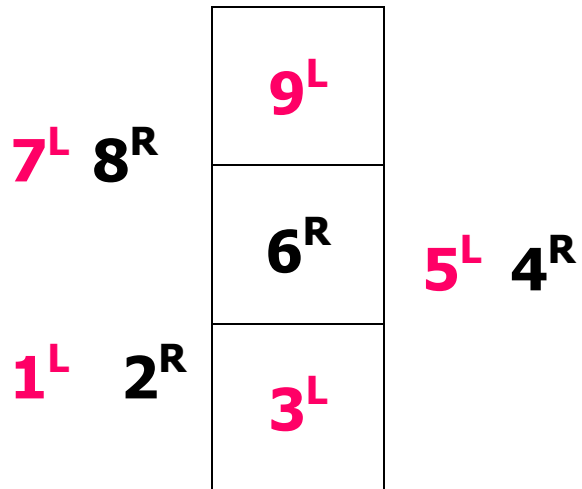
- **"ICKY SHUFFLE"**

One foot in, two feet out



- **“CROSS-OVERS”**

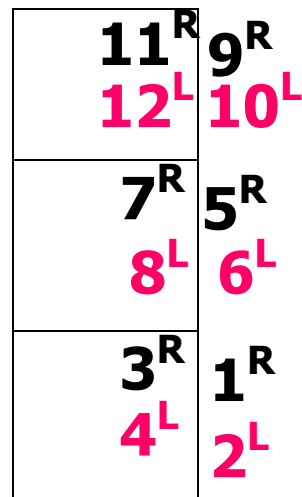
Outside foot in, both feet out



- **“LATERAL IN-OUT”**

Stand side on to the ladder and lead with the outside leg.

Can also do toe-tapping!



**REMEMBER**

- i) USE YOUR ARMS
- ii) Be **light** on your feet; have minimal contact time with the ground
- iii) Try to look up