

Agility Training Program

Dynamic Warmup:

Lunge w/ Twist 1x15 yards

World's Greatest Stretch 1x15 yards

Knee to Chest 1x15 yards

Quad Pull 1x15 yards

Single Leg Toe Touch 1x15 yards

Alternating Hamstring 1x15 yards

High Kicks 1x15 yards

Lateral Lunge 1x15 yards

Foot Fire 1x10 seconds

Foot Fire Linear Right/Left 1x10 seconds each

Quick Feet Wide Outs 1x10 seconds

Leg Swings 1x10 each leg

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Static Cool Down Stretch

World's Greatest Stretch 5 reps each

Butterflies 2x30 seconds

Cobra Stretch 30 seconds

Kneeling Hip Flexor Stretch 30 seconds each

Standing Quad Pull 30 seconds each

Side Lunge Hold 30 seconds each

Standing Straight Leg Hamstring Stretch 2x30 seconds

Split Leg Hamstring Stretch Left 30 seconds

Split Leg Hamstring Stretch Right 30 seconds

Split Leg Hamstring Stretch Middle 30 seconds

Prone Calf Stretch 30 seconds each

Leg Swings 1x10 each leg

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