

Resistance

Agility

WORKOUT



@twicethespeed

Lateral Single Leg Hops | 8 Reps x 3 Sets |

How To Perform: Have the markers in a straight line. Then laterally hop over the markers with one foot down and back then switch feet and then do the same. That is one rep.



Forward Single Leg Hops | 8 Reps x 3 Sets |

How To Perform: Have the markers in a straight line. Then hop forward over the markers with one foot down and back then switch feet and then do the same. That is one rep.

1**2****3****4****5**

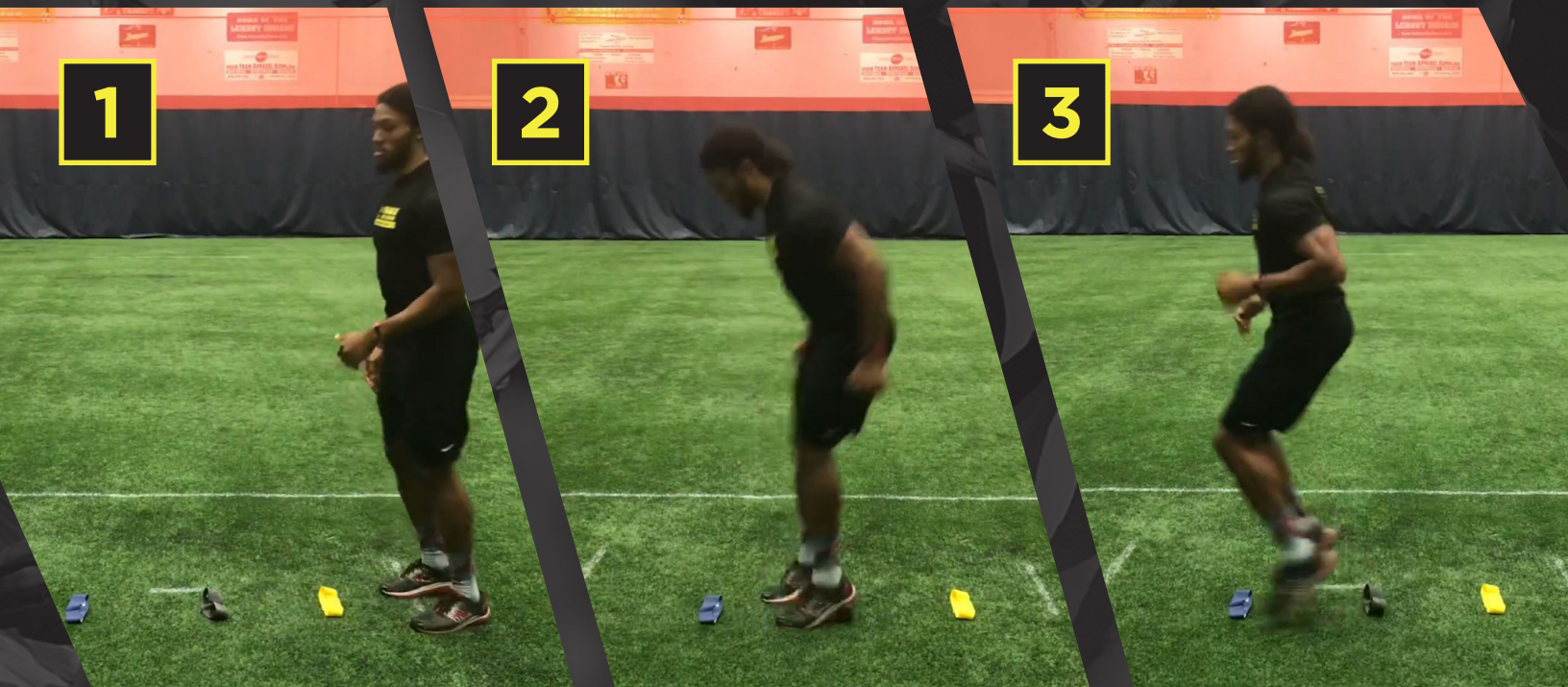
Double Foot Lateral Hops | 6 Reps x 2 Sets |

How To Perform: Have the markers in a straight line. Then hop laterally over the markers with two feet down and back. That will be one rep.

1**2**

Double Feet Forward Hops | 6 Reps x 2 Sets |

How To Perform: Have the markers in a straight line. Then hop forward over the markers with two feet down and back. That will be one rep.



Single Leg Diagonal Hops | 8 Reps x 3 Sets |

How To Perform: Have the markers out in a zig zag. Then with one foot hop laterally from one to the other by jumping and landing on the same foot. Go down and back with the same foot then switch feet and that will be one rep.

1**2****3****4****5****6**

Single Leg Forward Diagonal | 8 Reps x 3 Sets |

How To Perform: Have the markers out in a zig zag. Then with one foot hop forward from one to the other by jumping and landing on the same foot. Go down and back with the same foot then switch feet and that will be one rep.

1**2****3****4**

5



6



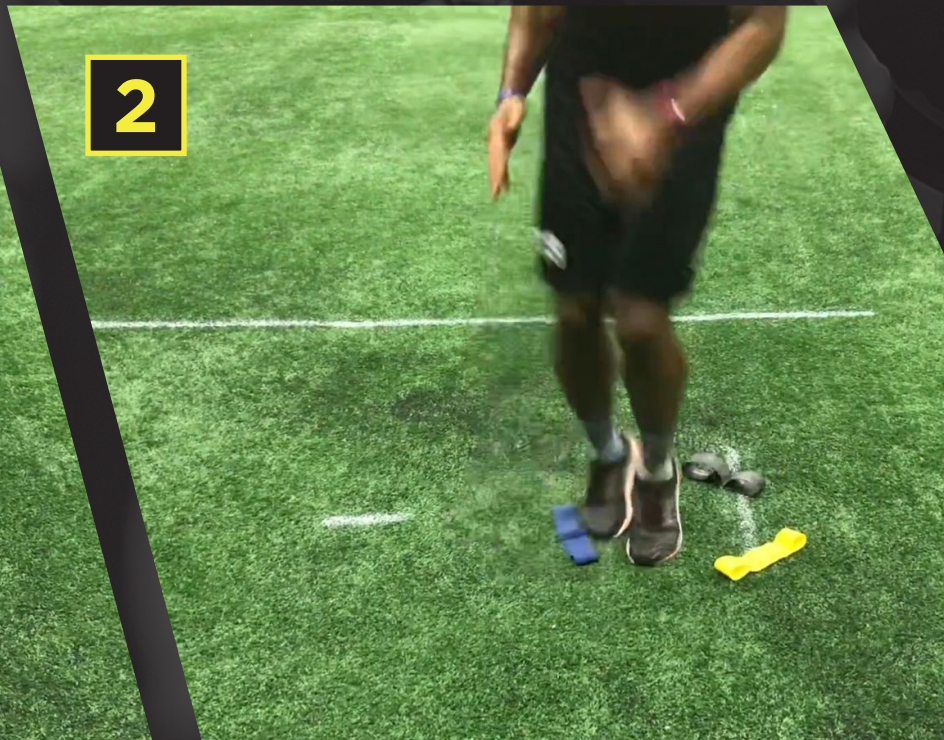
Single Foot Around The World | 6 Reps x 3 Sets |

How To Perform: You have one foot on the ground and you go in a circle from hopping in the middle then over one marker and hop back in the middle then hop over the next marker. Keep going around in a circle. One circle around is one rep.

**1****2****3****4****5**

Double Feet Around The World | 8 Reps x 3 Sets |

How To Perform: Very similar to “Single Foot Around The World” however instead of one foot hopping you will be hopping with both feet. One circle around is one rep.

1**2****3****4**

Random Color Challenge | 8 - 12 Seconds x 3 Sets |

How To Perform: You start off in the middle of the 3 markers on one foot. Have a partner call out color then you will have to jump over that color and then back to the middle. Then your partner will call off the next color. If it is getting easy then call out the color faster.

