FUNCTIONAL FITNESS #2
AGILITY WORKOUT

WARM UP
3-5 min dynamic warm up. Combination of body weight squats, lunges, bear crawls, push ups, arm swings, skips, etc.

BODY - Rest in between each drill 1 minute or as needed.
1. 1 minute battle rope
2. 10 squat jumps to side shuffles with 10x10 shuffle steps each direction. Repeat 3 times
3. 1 minute battle rope
4. 10 split squat jumps to 10x forward and backward run with 10 steps each direction. Repeat 3 times
5. 1 minute battle rope
6. 30 seconds fast feet drill in place, then add box shuffle to right 5 steps, up 5 steps, left 5 steps, back 5 steps. Repeat 3 times
7. 1 minute battle rope

COOL DOWN
Static Stretch (15–30 seconds per stretch): shoulders, inner/outer thighs, glutes, calves, quads, hamstrings