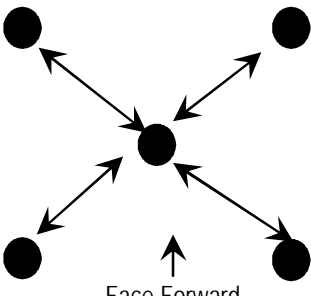
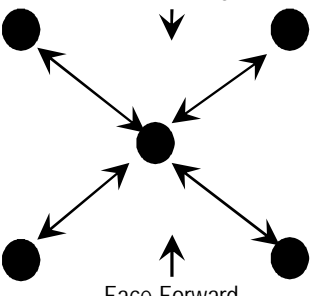
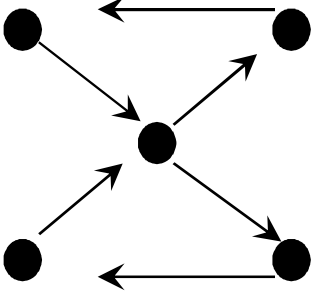
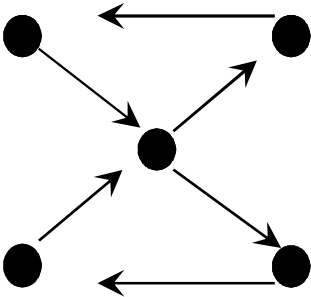
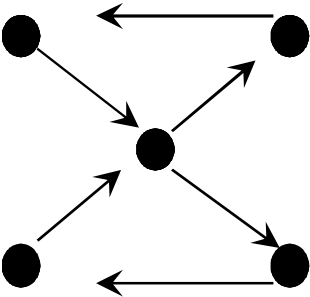
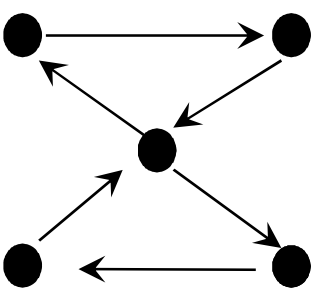
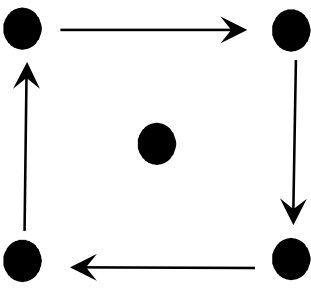
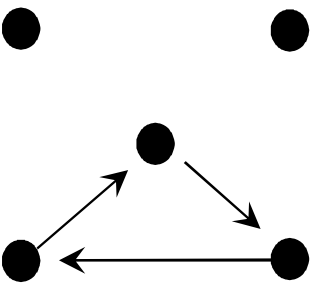
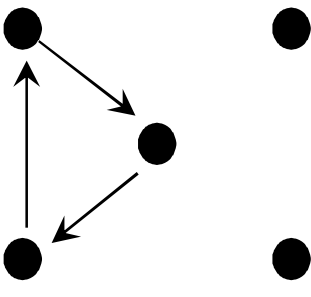
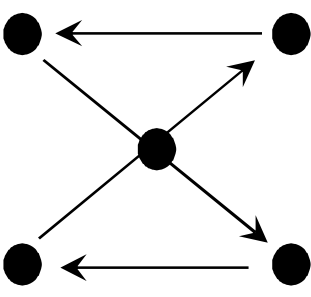
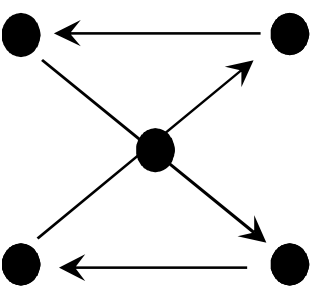
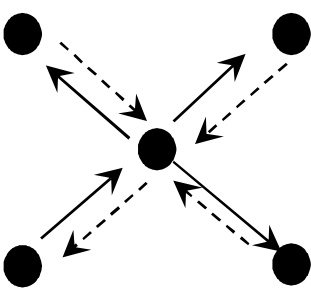


<p>#1 <u>Forward and Back Drill</u></p>  <p>Start with both feet at the bottom two dots jump to the middle and then to the top two dots. As Fast as you can (30 Sec)</p>	<p>#2 <u>Forward and Turn Drill</u> Quarter Turn and go Back</p>  <p>This is the same as Forward and Back, but the difference is you will turn at the top and come back. (20 Sec)</p>	<p>#3 <u>Figure 8 Drill</u></p>  <p>Start with both feet on the lower left dot, jump to the middle, then upper Rt, then upper Lt, then middle, then lower Rt.</p>
<p>#4 <u>Figure 8 Drill Right Leg Only</u></p>  <p>Start with the Right Foot and only use the Right Foot.</p>	<p>#5 <u>Figure 8 Drill Left Leg Only</u></p>  <p>Start with the Left Foot and only use the Left Foot.</p>	<p>#6 <u>Hour Glass Drill</u></p>  <p>Start on the lower Left Dot with both feet follow the arrows in the hour glass figure and continue facing the same direction.</p>
<p>#7 <u>Box Drill</u></p>  <p>Start in the Lower Left use both feet and face the same direction. Can use Rt. And Lt. feet individually</p>	<p>#8 <u>Bottom Triangle</u></p>  <p>Start on the lower left dot, use both feet and face the same direction.</p>	<p>#9 <u>Wide Triangle</u></p>  <p>Start on lower left dot, and use right leg, then left leg.</p>
<p>#10 <u>Right Leg Long Figure 8 Drill</u></p>  <p>Start on the lower left dot use the right leg and jump to the upper right dot, then to the upper left, then bottom right.</p>	<p>#11 <u>Left Leg Long Figure 8 Drill</u></p>  <p>Start on the lower left dot use the Left leg and jump to the upper right dot, then to the upper left, then bottom right.</p>	<p>#12 <u>Double X Drill</u></p>  <p>Start lower left, go middle, top left, and back to middle then lower rt, then top rt, back to middle then lower rt.</p>

In Weeks 1-6 do Drills 1-6-Dot Mat Drills for warm-up before you lift. Do All 6-Drills 4 X through for 30 Seconds on as fast as you can.

In Weeks 6-12 do 6-12 Dot Mat Drills for warm-up before you lift. Do all 6-12-Drills 4 X through for 30 Seconds on as fast as you can.