

SPRI AGILITY DOTS

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 activity patterns of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- If unable to complete 8 activity patterns, increase rest time or decrease number of activity patterns.
- OR—
- If unable to achieve moderate to maximal fatigue following the completion of 12 activity patterns, decrease rest time or increase number of activity patterns.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

Before beginning this or any other exercise program, you should always consult with your doctor or physician.

SINGLE LINE



Stand on one foot on dot at end of line and balance, hop forward, switch legs and land softly on ball of opposite foot. Immediately hop forward alternating feet from dot to dot in a continuous manner. Upon completion of activity pattern, turn around at end of line and repeat in opposite direction.

DOUBLE LINE



Stand with one foot on each dot at end of line and begin running in place on balls of feet. Hop forward and land in an alternating foot pattern on dots in front while continuing to run in place on balls of feet. Repeat and hop forward onto the last set of dots while continuing to run in place. Upon completion of activity pattern, turn around at end of line and repeat in opposite direction.

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DIAGONAL



Stand on one foot on dot at end of line and balance, hop forward diagonally, switch legs and land softly on ball of foot while crossing opposite leg behind body. Immediately hop forward diagonally in

opposite direction alternating feet from dot to dot in a continuous manner. Upon completion of activity pattern, turn around at end and repeat in opposite direction.

HOP-SCOTCH



Stand on two feet on end dot, hop forward, spread legs and land softly on balls of feet with one foot on each dot. Immediately hop forward in a continuous together/apart

foot pattern. Jump, land, and turn on dots at opposite end and repeat continuous together/apart foot pattern in opposite direction.

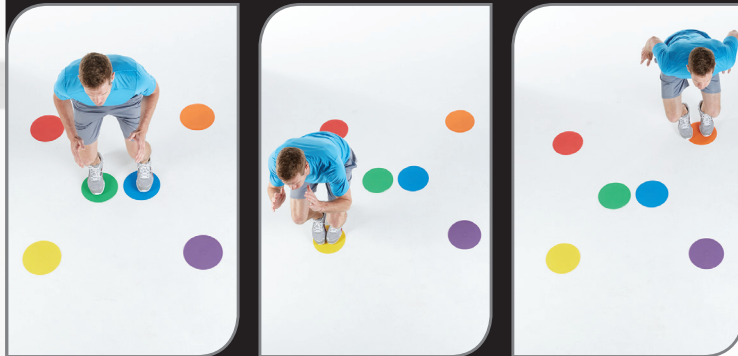
CIRCLE



Stand on one foot on outer circle dot and balance, hop inward toward dot in middle of circle, land softly on ball of opposite foot and balance. Then hop outward toward another outer circle, land softly on ball of opposite

foot and balance. Continue alternate foot continuous hopping pattern from outer circle dot to middle circle dot until you have hopped onto all outer circle dots. Switch lead leg and repeat.

SQUARE



Stand with one foot on each middle dot, hop forward diagonally onto corner dot and land softly on balls of feet. Hop backward onto middle dots, then immediately hop

backward diagonally onto corner dot and land softly on balls of feet. Continue forward/backward two-leg continuous diagonal hopping pattern from middle dots to alternate corner dot.