

# Exercise of the Month

May 2018

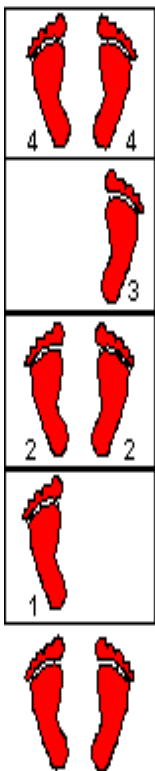
## Agility Ladder Workout

**Purpose:** Boost quickness, foot speed, coordination, and body awareness.

**Target Muscles:** Hip flexors, Glutes, Hamstrings, and Quadriceps. These lower body muscles help improve your coordination, power, speed and agility.

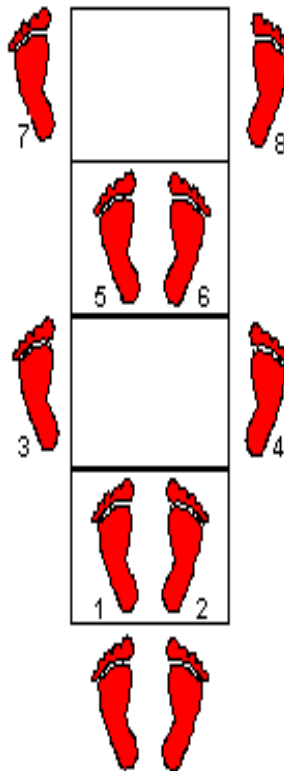
**Equipment Needed:** Agility Ladders

**How it Works:** Perform each exercise for 45 seconds. Complete four sets with 20 seconds of rest between each set.



### Hop Scotch:

- Start with your feet hip width apart at the bottom of the ladder. Push off on both feet and land on your left foot in the first square.
- Immediately, push off your left foot and land with both feet in the second square.
- Push off with both feet again, but land on your right foot in the third square.
- Then, push off your right foot and land with both feet in the fourth square.
- Repeat this pattern for the full length of the ladder.



### In-Out Drill:

- Start with your feet hip width apart at the bottom of the ladder. Step into the first square with your left foot immediately followed by your right foot.
- With your left foot, step on the outside of the second square followed by the right foot.
- Step inside the third square with your left foot leading.
- Repeat this pattern in for the length of the ladder.
- Repeat this exercise with the right foot leading.



From Corporate Fitness Works Team Leader, Samantha Granger

Corporate Fitness Works, Inc.