

Ladder

These are used with a 20-rung ladder, 1-2 feet apart, in a straight line.

These must be done in this order:

1. Running high knees, one foot in between each rung; use arms.
2. Running high knees, both feet in between each rung; use arms.
3. Lateral high knees: running through ladder sideways, in perfect running form.
4. Quick steps between rungs, knees do not have to be high.
5. Karioke.
6. Hopscotch:
 - a. Jump with both feet together on the outside of the first rung.
 - b. Hop on the right foot inside the second rung.
 - c. Jump with both feet together on the outside of the third rung.
 - d. Hop on the right foot inside the fourth rung.
7. Shuffle across with a forward motion; stand to the side of the ladder; first foot in, second foot in, first foot out, second foot out.
8. Sideways ladder:
 - a. On side of ladder, go up and back, facing the same direction and on the same side of the ladder.
 - b. Step "In-In, Out-Out".
9. Side-to-side hopping: right foot, hop in, hop out, (with a forward motion), moving along one side of the ladder; repeat with left foot hopping.
10. Cross-over knee raises.
11. Running through ladder as quickly as possible.
12. Ankle flips: hop on the balls of feet, flicking toes forward.
13. Swing legs over outside of the ladder, then step into the next rung with hips always over the middle of the ladder.
14. Two footed jumping: two feet land in each rung.
15. r skipping.
16. Straight legged skipping.
17. Knee-ups, skipping.
18. Cross-over skipping.
19. Skippy-oki (Karioke with a knee lift and skipping).
20. High knee running.
21. Kick-butt running.
22. Run through ladder with both feet landing together, between each rung, then sprint from the end of the ladder 10 yards.
23. Lateral skipping: side skipping, then sprint from the end of the ladder 10 yards.