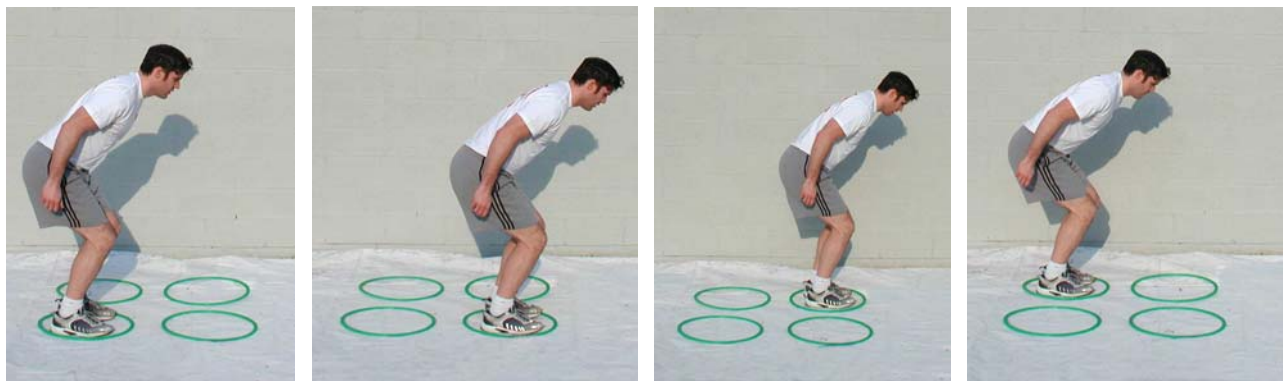


FITNESS RINGS

Fitness Rings can be used to improve lateral movement, agility, acceleration and dynamic balance. For more ideas for training with Fitness Rings, see Mike Boyle's video *Developing Lateral Speed and Change of Direction*. To purchase this video call **Perform Better** at (800) 556-7464.

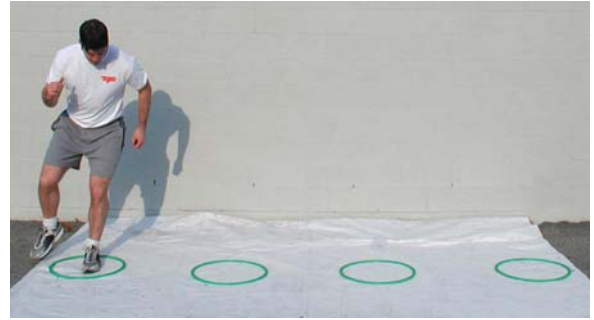
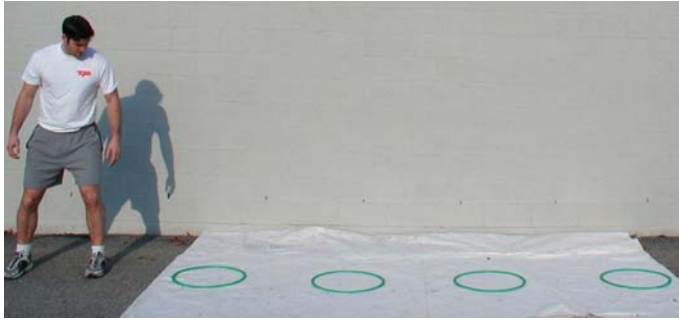
1. **BOX DRILL** – Arrange rings in a box-like pattern. Using one or both feet, hop from one ring to the next in random or predetermined sequences.



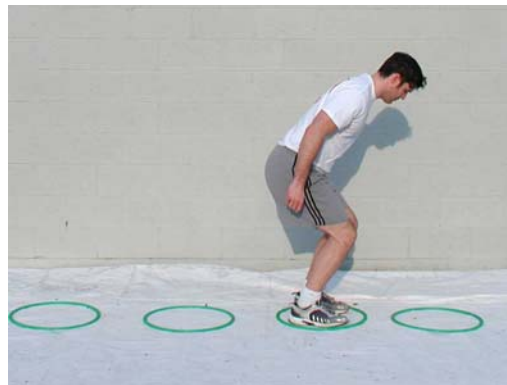
2. **HOPSCOTCH DRILL** – Arrange rings in a “2-1-2” formation. Hop through the sequence, touching down both feet when landing in two rings, and landing 1 foot in the singular ring. Turn around and repeat or perform the drill going backwards. For variation, add rings and create different sequences.



3. **LATERAL RUN** – Arrange rings in a linear formation. Run laterally through the rings, touching both feet in each ring.



4. **180 JUMP DRILL** - Arrange rings in a linear formation. Jump from one ring to the next, turning 180 degrees in the air each time. Land and stabilize on both feet before jumping again.



5. **BOUNDING** – Arrange rings in a staggered pattern. Jump off one leg from one ring to the next, landing and stabilizing on the opposite leg each time.



6. **TOUCH DRILL** – Arrange rings in staggered positions. Run to the outside of a ring, bend and touch inside the ring. Run to the next ring and repeat.

