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Criss Cross Drill – 2x’s Forward

Criss Cross Drill – 2x’s Backward

Lateral one Foot 180’s – Right Foot 2x’s MR-3, FR-4

Lateral one Foot 180’s – Left Foot 2x’s MR-3, FR-4

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Lateral One foot Down – 2x’s Left foot  MR-2,  FR-3

Lateral One foot Down – 2x’s Right foot MR-2,  FR-3

Lateral Two Feet – 2x’s to Right

Lateral Two Feet – 2x’s to Left

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Same Foot Down – 2x’s Right foot MR – 2, FR-3

![Diagram of Same Foot Down – 2x’s Right foot MR – 2, FR-3]

Same Foot Down – 2x’s left foot MR – 2, FR-3

![Diagram of Same Foot Down – 2x’s left foot MR – 2, FR-3]

Two Feet Down – 2x’s Forward MR—1, FR—2

![Diagram of Two Feet Down – 2x’s Forward MR—1, FR—2]

Two Feet Down – 2x’s Backward MR—1, FR—2

![Diagram of Two Feet Down – 2x’s Backward MR—1, FR—2]

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Lateral Two Feet 180’s – 3 x’s MR – 2, FR-3

Scissor Drill – Left 2x’s

Scissor Drill – Right 2x’s

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