**Fitness Stations DLD-January 4, 2018**

1. Ladder Drill
* 1 In
1. M Drill
* Forward Sprint
* Back Pedal
* Forward Sprint
* Back Pedal
1. Partner Sit-ups
* High Five
* Right Hand
* Left Hand
1. M Drill
* Backward Run
1. Ladder Drill
* 2 In
1. Jump Rope
* Single Jump
* Speed Jump
1. Ladder Drill
* Hands Forward
1. Back to Back Partner Pass
2. Ladder Drill
* Sideway L/R in, L/R out
1. Jump Rope
* Favorite Trick
1. Partner Push-up Hockey
2. M Drill
* Gallop
* Skip
* Shuffle
* Shuffle
1. Ladder Drill
* 2 Footed Hop
1. Partner Tap Game
* Offense
* Defense
1. Ladder Drill
* Hands Sideways