**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