

Agility Program

The following exercises are not to be attempted until your Doctor or PT/AT progresses you from the Form running program
You should begin at about 25% effort and progress to full effort over a period of 4-6 weeks

1) Warm-up

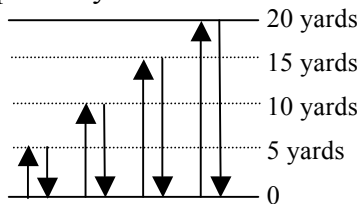
Spend three minutes performing a combination of forward, back and side shuffles to get loose

2) Stretching

Do stretches as prescribed

3) Forward Gassers Do ____

Run Forward 5 yards, backwards 5 yards, forward 10, back 10 up to 20 yards

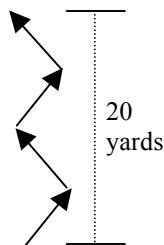


4) Side Gassers Do ____

As above for 4) except do side shuffles

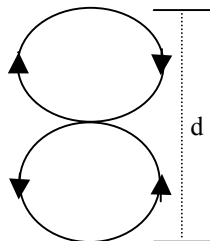
5) Zig Zags Do ____

Start jogging about 5 steps to the right, cut and push off the outside foot towards the left, continuing in a zig-zag pattern over about 20 yards. Do not "round off" on the cuts



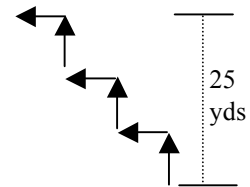
6) Figure 8's Do ____

Start with large figure "8"s (d = 30 yards) and tighten them up as you get more confident (down to d = 10 yards)



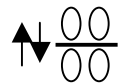
7) 90 degree turns

Do ____
Run forward 5 steps then cut left at 90°. Run 5 more steps and then cut right at 90°. Repeat this over 25 yards.



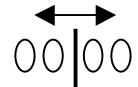
8) Quick feet forward (2 feet)

Do ____ x 30 seconds
Hop quickly forward/back across a line. Continue for 30 seconds



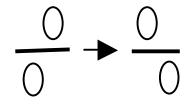
9) Quick feet sideways (2 feet)

Do ____ x 30 seconds
Hop quickly side to side across a line.



10) Quick feet alternate (2 feet)

Do ____ x 30 seconds
Hop quickly forward/back across a line with opposite feet forward.



11) Forward Hop (two legged)

Do ____
Hop on your leg for 30 feet

12) Square Hop (two legged)

Do ____ x 30 seconds
Hop in a square both clockwise and counter clockwise.



13) Ice

15-20 minutes following program



Home to the Texas Rangers