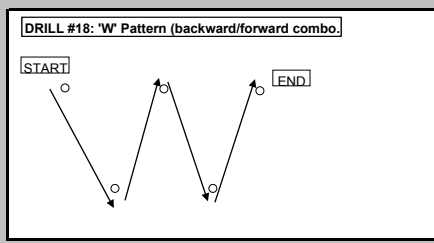
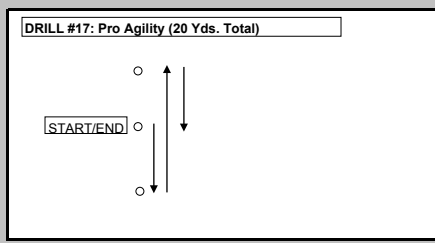
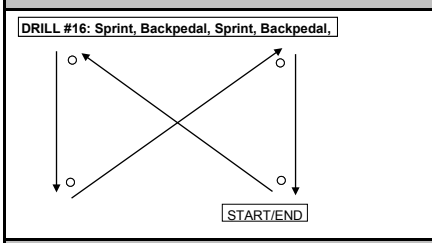
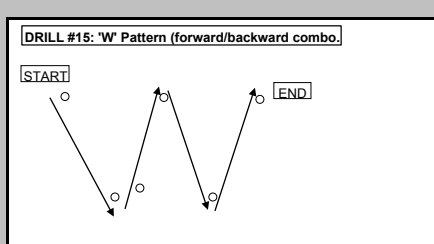
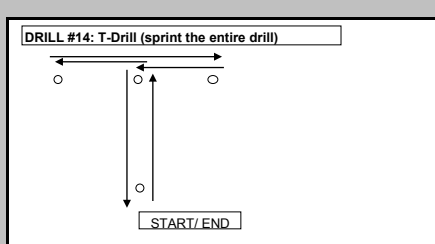
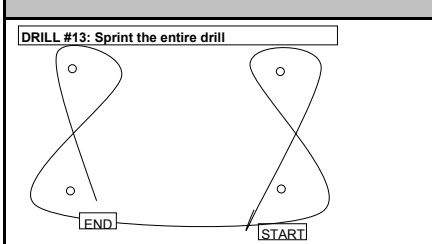
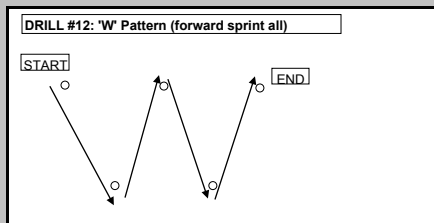
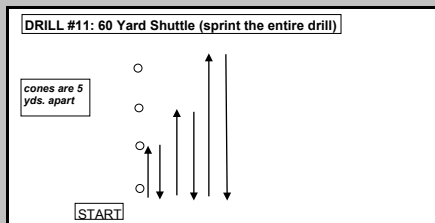
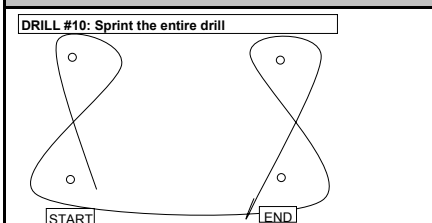
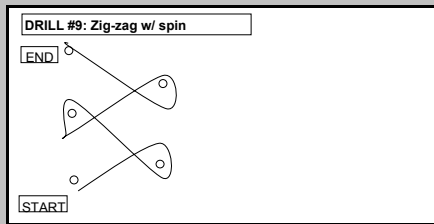
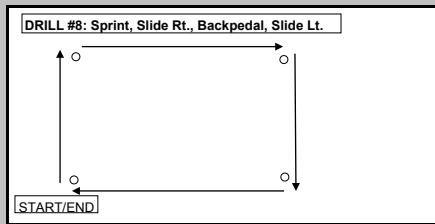
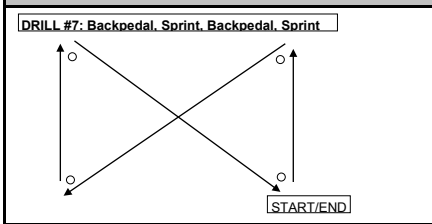
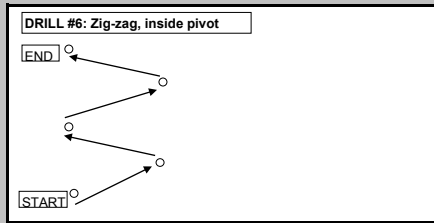
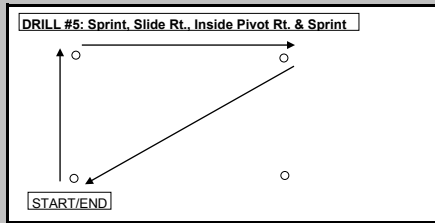
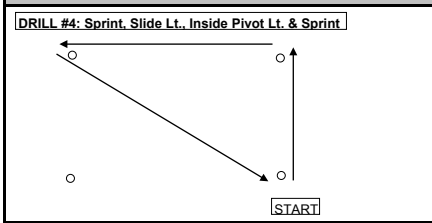
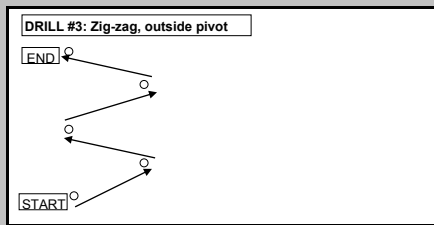
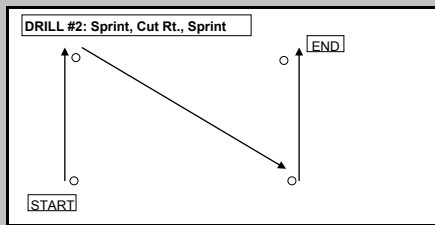
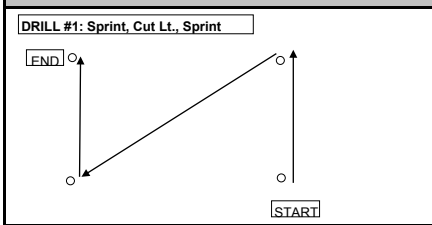




GPS HUMAN PERFORMANCE

AGILITY DRILLS - 5 Yards Between Cones



Pick 2-3 drills, 1-2 days per week. Perform drills 3-5 times (each direction if applicable) Rest 0:45 seconds to 0:90 seconds between reps. WARM-UP and BUILD-UP!