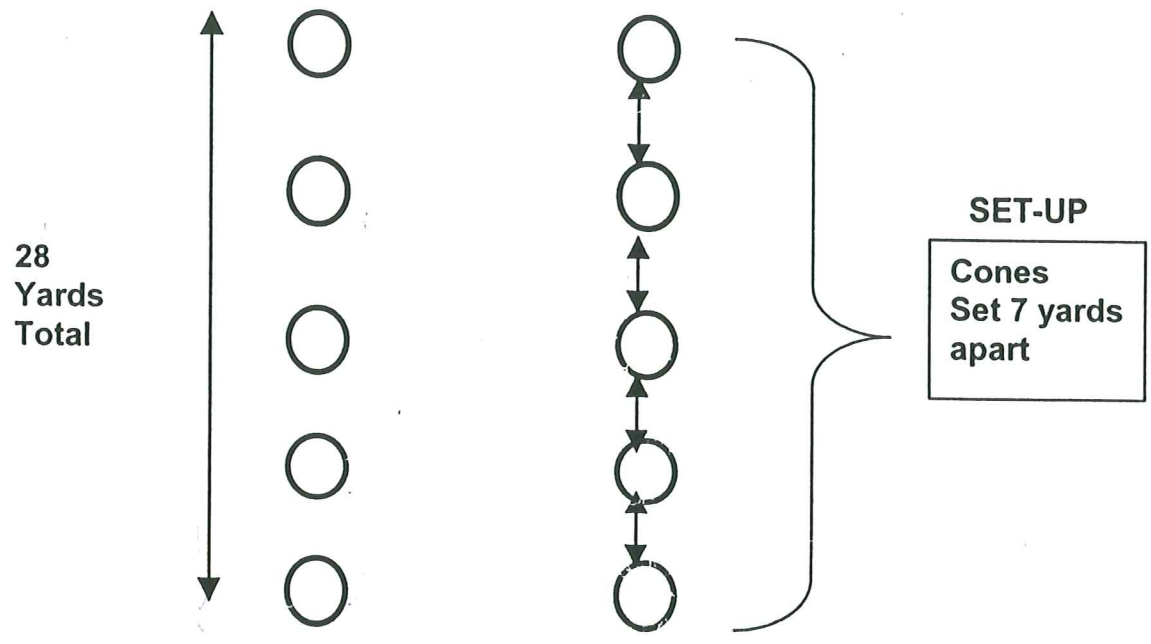
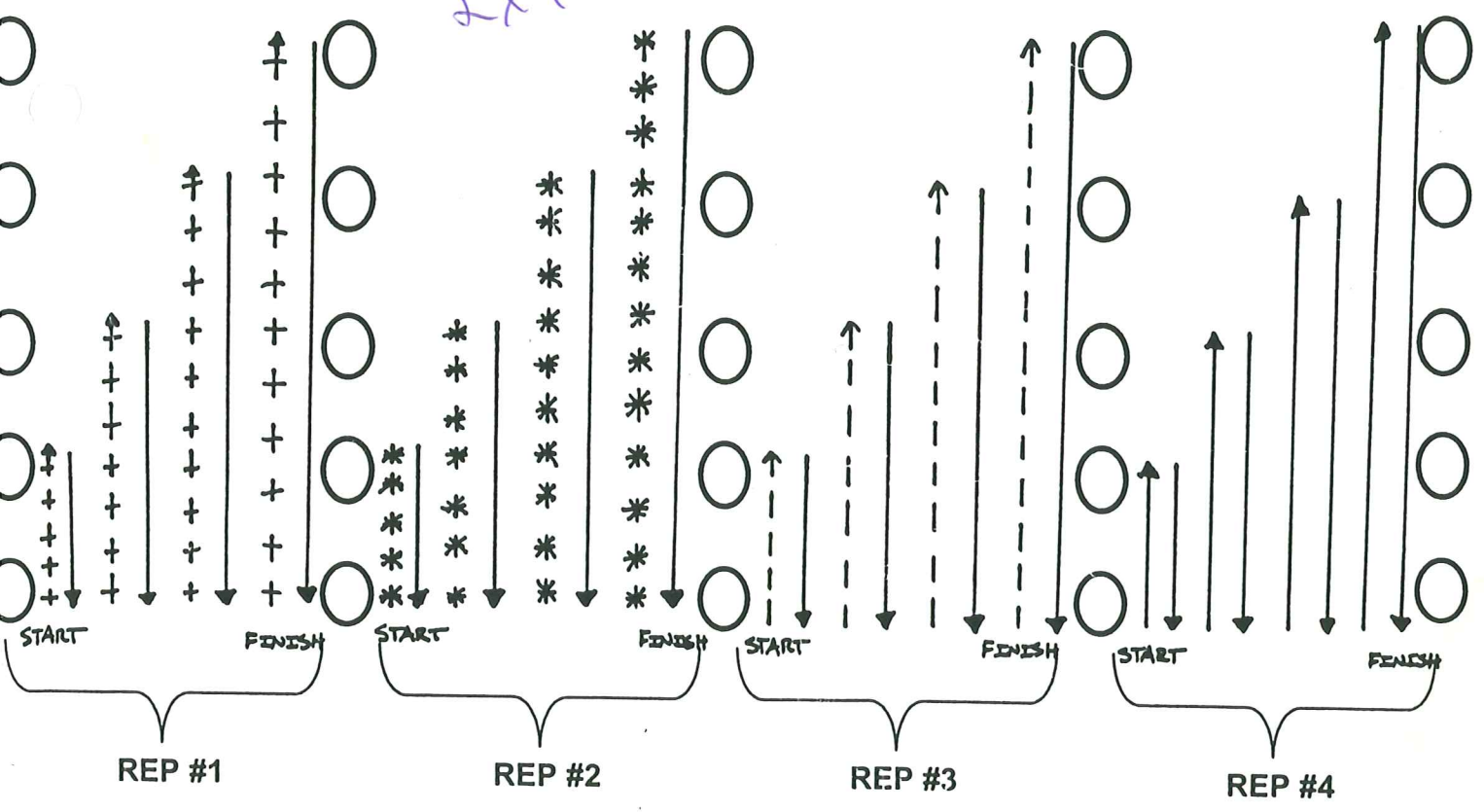


FOUR STEP LADDARS

Thursday



2x4 w 2 min rest.



LADDAR RUNNING KEY

Sprinting Forward:

Lateral Shuffle:

Sprinting Backward:

Carioca: