SRJBO

Agility Circles

LEVEL 1

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Agility Circles – Shuffle Step Footwork

EX-0071

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Agility Circles – Crossover Throwing Footwork

EX-0079

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Agility Circles – Single-Leg Ring Plyometrics

EX-0075

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Agility Circles – Single-Leg Lateral Ring Hops

EX-0076

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LEVEL 2

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Agility Circles – 45° Bound and Stick

EX-0078

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Agility Circles – Single-Ring Footwork – Source Level 4

EX-0072

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Agility Circles – Explosive Ring Bounds

EX-0083

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Agility Circles – Deceleration and Foot Placement

EX-0084

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LEVEL 3

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Agility Circles – Single-Ring Footwork – Source Level 7

EX-0080

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Agility Circles – Single-Ring Footwork – Source Level 8

EX-0081

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Agility Circles – Cross in Front

EX-0077

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Agility Circles – Multidirectional Speed

EX-0082

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