SRJBO

Mini Hurdles

LEVEL 1

SRJBO TRAINING LIBRARY

Mini Hurdles – Sprint 1 in Each
EX-0044

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Mini Hurdles – Lateral 2 Feet in Each
EX-0045

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Mini Hurdles – Forward 2 Feet in Each
EX-0047

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Mini Hurdles – Forward Jump and Stick
EX-0048

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LEVEL 2

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Mini Hurdles – Forward Single Leg Hops
EX-0049

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Mini Hurdles – Lateral Double Leg Hops
EX-0050

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Mini Hurdles – Jump Quarter Turn
EX-0051

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Mini Hurdles – 4 Chops to Lateral Step
EX-0052

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LEVEL 3

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Mini Hurdles – Sprint Shuffle Sprint
EX-0064

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Mini Hurdles – Jump Quarter Turn Ball Slam
EX-0061

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Mini Hurdles – Stairway Jump Quarter Turn
EX-0057

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Mini Hurdles – X Drill With Lateral High Knees
EX-0062

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