

20



# FOOTWORK

 St. Joan of Arc



21

## Exercise

*(Click Charger Logo for Video)*

### Front-Back Line Jumps

3 Sets X 30 Seconds (2 Ft); 1 Set X 30 Seconds (1 Ft)

### Side Line Jumps

3 Sets X 30 Seconds (2 Ft); 1 Set X 30 Seconds (1 Ft)

### Stair Runner

3 Sets X 30 Seconds

### Stair Jump

3 Sets X 30 Seconds (2 Ft); 1 Set X 30 Seconds (1 Ft)

### Sideways Stair Jump

3 Sets X 30 Seconds (2 Ft); 1 Set X 15 Seconds (1 Ft)

### Hop Scotch 5 Dot Drill

3 Sets X 30 Seconds

### 2 Feet 5 Dot Drill

3 Sets X 30 Seconds

### 1 Foot Dot Drill

2 Sets X 30 Seconds (each foot)



# CHARGERS

 St. Joan of Arc

*"...with God, all things are possible..." Matthew 19:26*