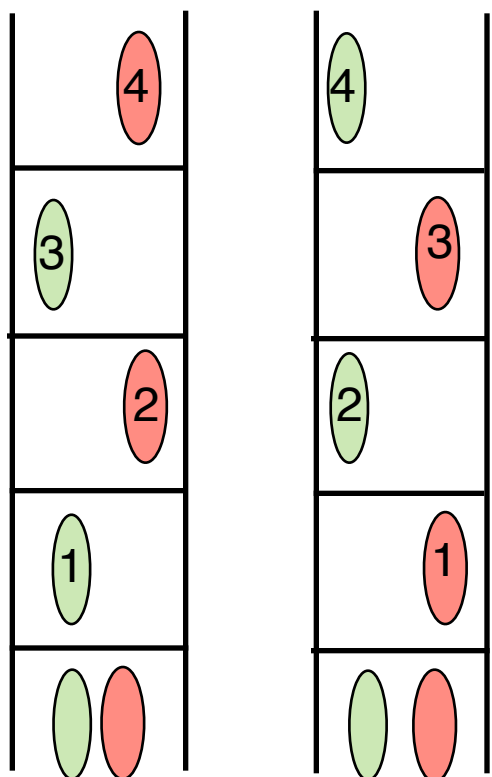




SINGLE-STEP

One foot in each individual ladder box

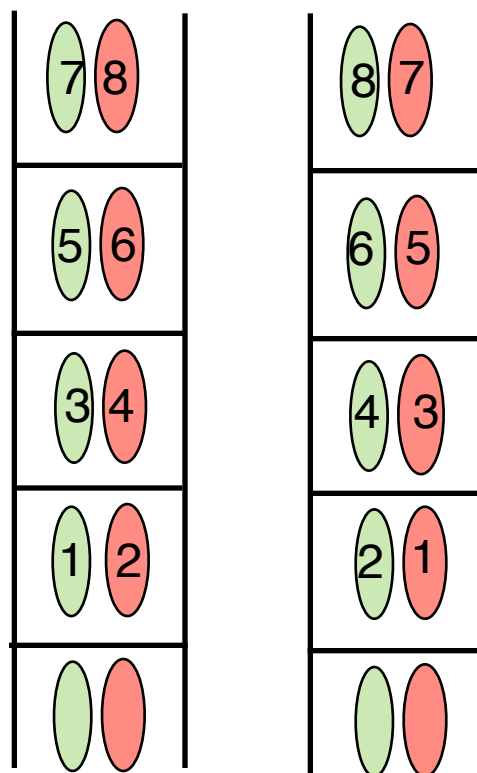
- > 1st Run: Left Foot first (above left diagram)
- > 2nd Run: Right Foot first (above right diagram)

SPEED LADDER RUNS

LEGEND

LEFT
FOOT

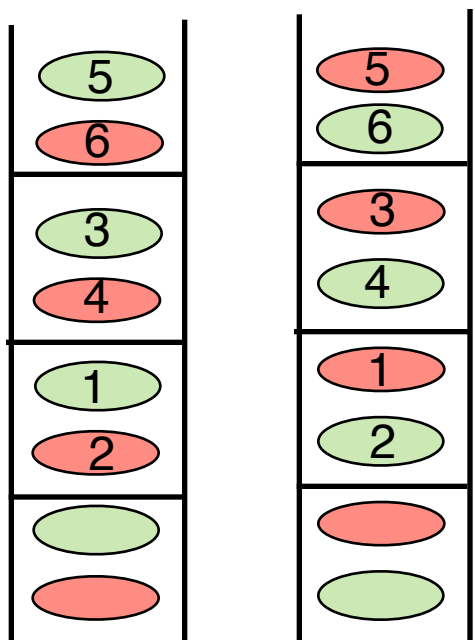
RIGHT
FOOT



DOUBLE-STEP

Two feet in each individual ladder box

- > 1st Run: Left Foot first (above left diagram)
- > 2nd Run: Right Foot first (above right diagram)



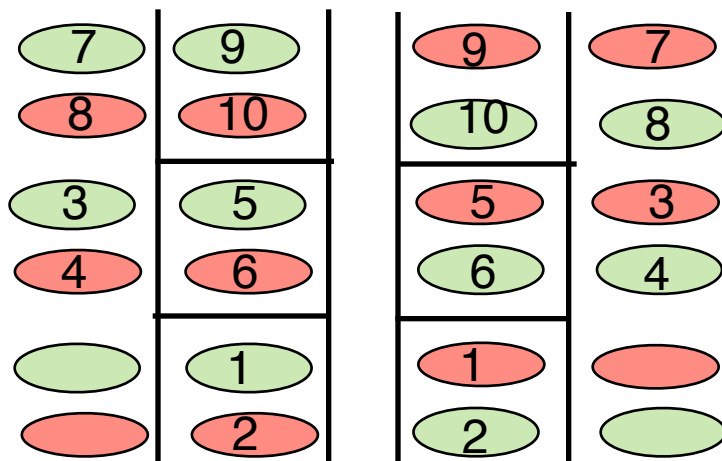
START FACING
THIS WAY



LATERAL TWO-STEP

2 feet in each ladder box

- > 1st Run: Left Foot first (above left diagram)
- > 2nd Run: Right Foot first (above right diagram)



START FACING
THIS WAY



START FACING
THIS WAY



LATERAL TWO-STEP "In & Out"

2 feet in and out of each ladder box

- > 1st Run: Left Foot in & out first (above left diagram)
- > 2nd Run: Right Foot in & out first (above right diagram)