Bobby Aldridge Fitness Training
Certified Strength & Conditioning Specialist (CSCS)
Flexibility, Agility, Speed, Strength, Stamina, Training (Fassst Results)
3364-3364-3364 E-mail: Info@BobbyAldridge.com

Bear Crawl, Don	, Log drills: walk down, up, backwards, crawl, lkey Kicks, jumps on wall ehind head, sideways, o / Technique	
Singles Top / Do	publes (139)	
Singles – walking / running Doubles – walking / running Backwards slow		
SideWays	Lft Rt	
Up, Up , Up, Do	wn (3,4) / Sprint 5-10 repeat / Football Drill	
Down Stairs – 1- Down Stairs – si	leg stick & hold de to side (1-ft, 2-ft ski)	
Double-Double	Гriple	
1-Ft Hops 1-Ft Hops	Rt 1-Stair (Finish opposite leg to top) Lft 1-Stair Rt 2-Stairs (Finish opposite leg to top) Lft 2 stairs Sprint from bottom up hill (bound on 1-leg sprint, bound on 2-ft sprint)	
2-Ft Hops – 2 or 3 stairs / 5 little hops, explode 2-3 stairs		
Depth Jump –	1 stair (quick feet Land) 2 stairs	
Walking on Han- Walking on Han-		
Hills: Technique / Sprint / Shuffle / Backwards / Bound 1-Leg Bound 2-Leg / Shuffle – Sprint – Backwards		
Athletes		Adults

Athletes	Adults
1	1
2	2
3	3
4	4
5	5
6	6