

SIoux FALLS LINCOLN HURDLE FLEXIBILITY DRILLS

1. One leg over – alternate legs x 2
2. One leg over – same leg each time (1 time each leg)
3. One leg over backward – alternate legs x 2
4. Twist over hurdle x 2
5. Side skips over hurdle – One each way
6. Over Unders
 - a. 1 x shoulder square
 - b. 1 x shoulder turn right
 - c. 1 x shoulder turn left