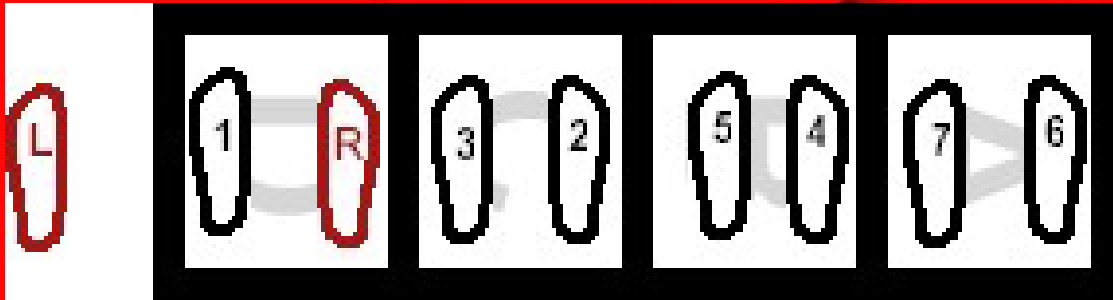


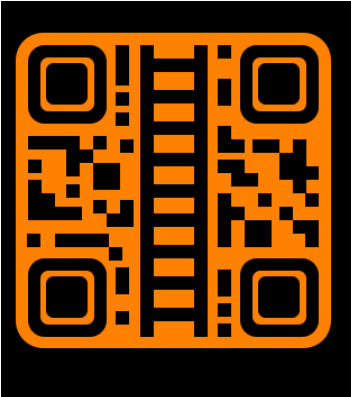


AGILITY LADDER

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1 In Lateral

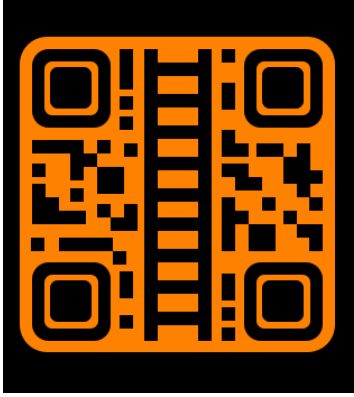


AGILITY LADDER

QR CODE GUIDE

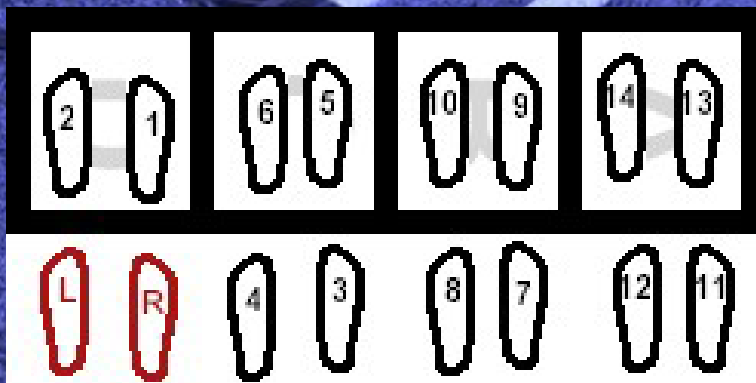


2 In Lateral

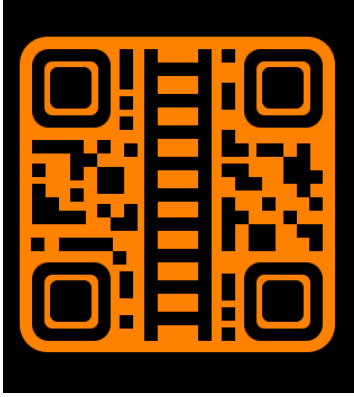


AGILITY LADDER

QR CODE GUIDE

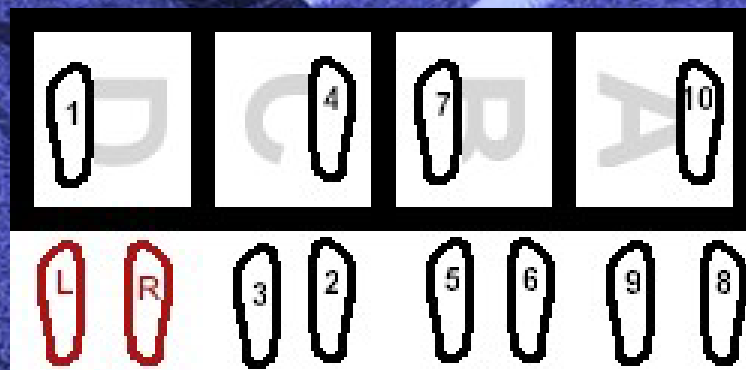


In In Out Out

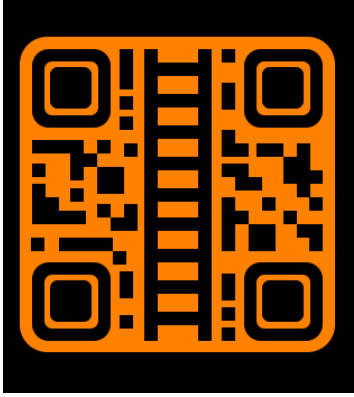


AGILITY LADDER

QR CODE GUIDE

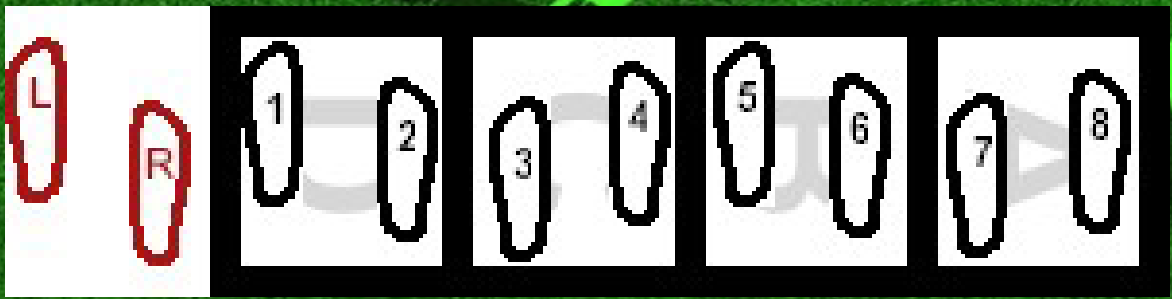


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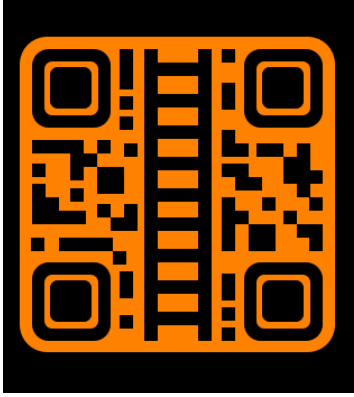


AGILITY LADDER

QR CODE GUIDE

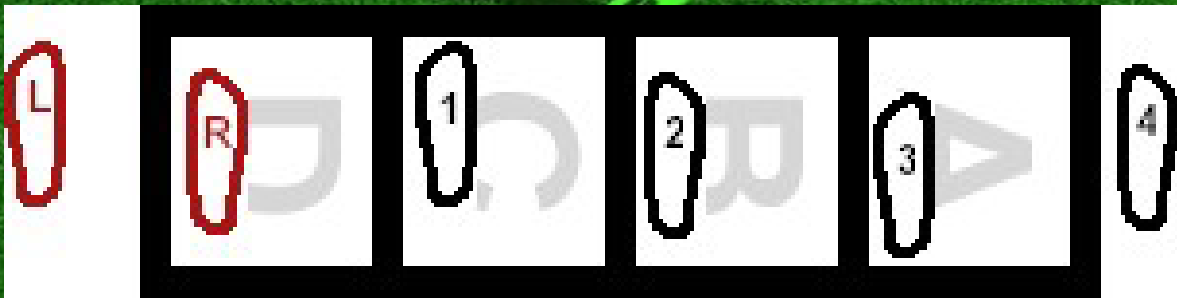


Carioca In Each

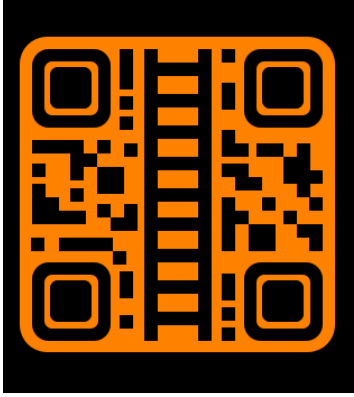


AGILITY LADDER

QR CODE GUIDE

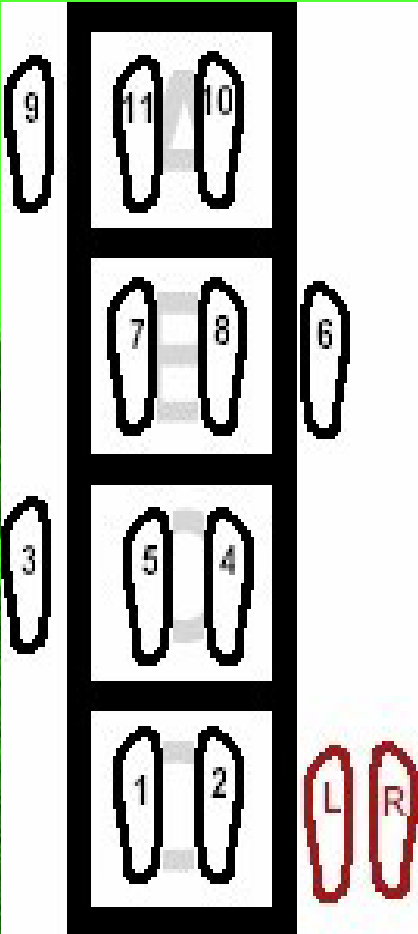


1 Foot Carioca

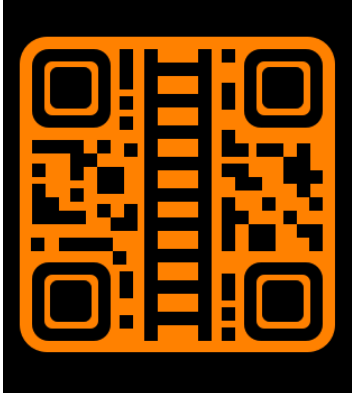


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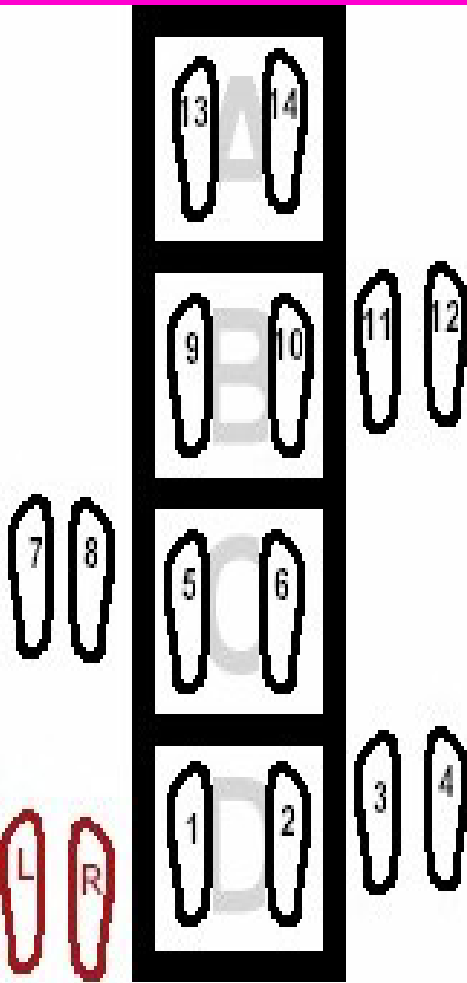


Ickey Shuffle

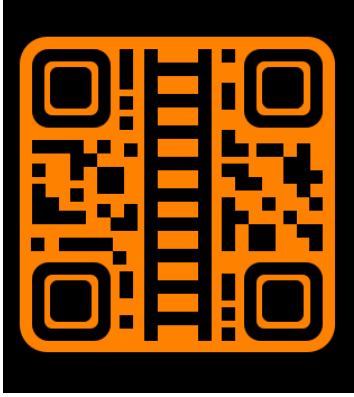


AGILITY LADDER

QR CODE GUIDE

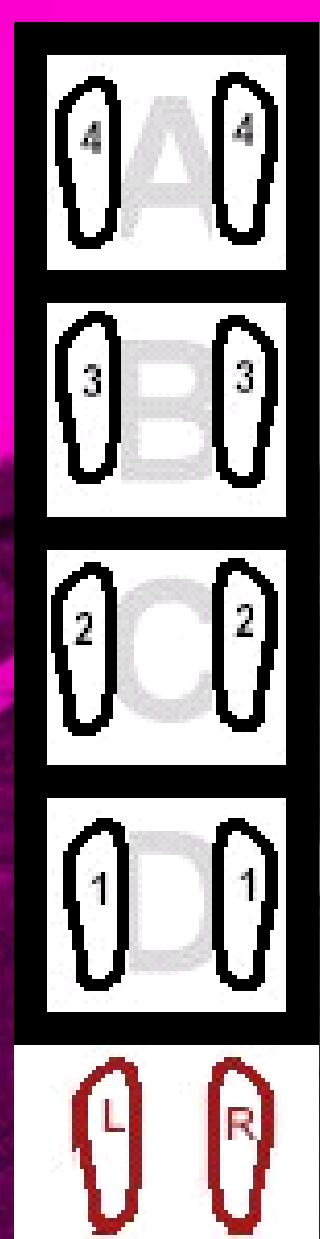


X-Over Zig Zag

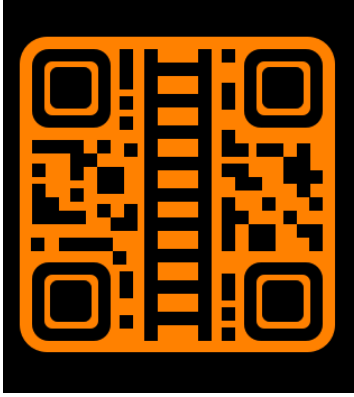


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QR CODE GUIDE

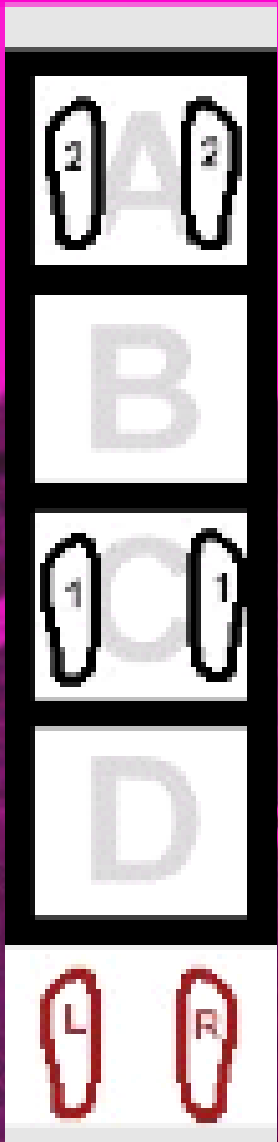


Linear Hops #1

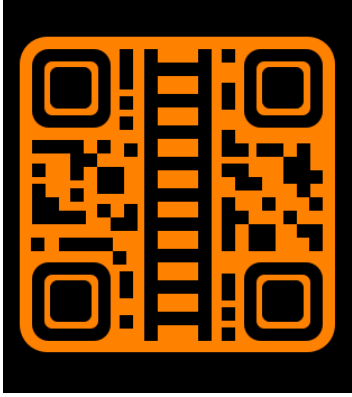


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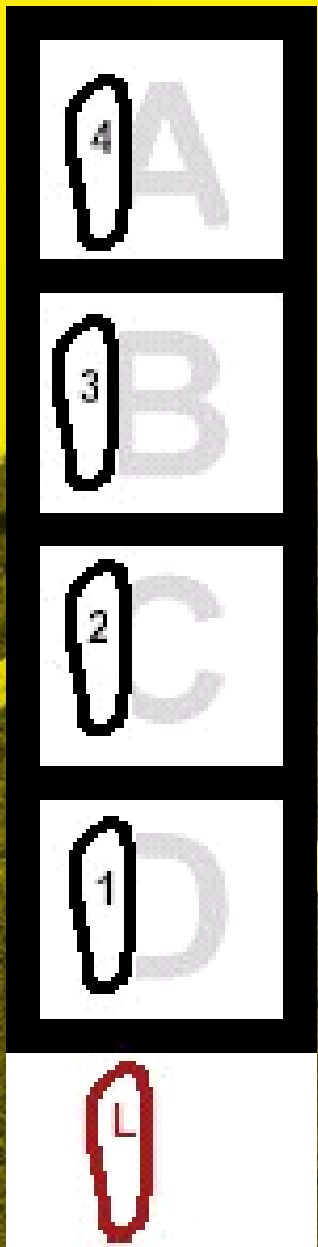


Linear Hops #2

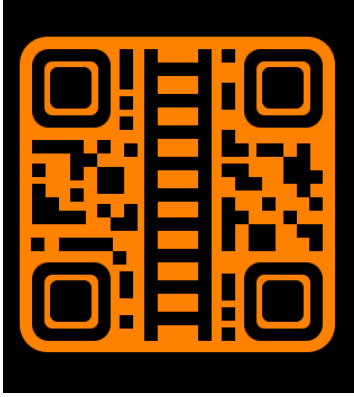


AGILITY LADDER

QR CODE GUIDE

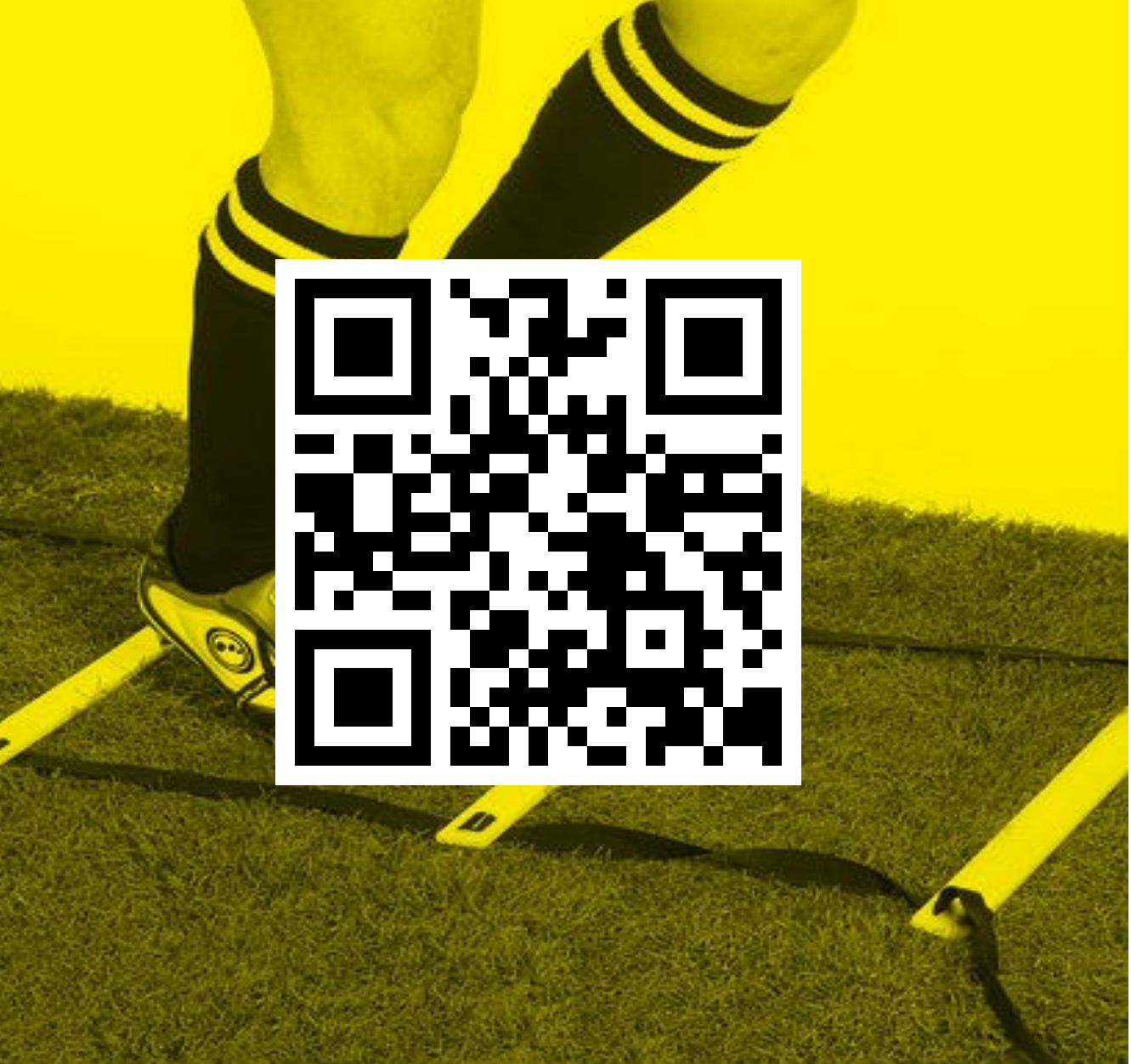
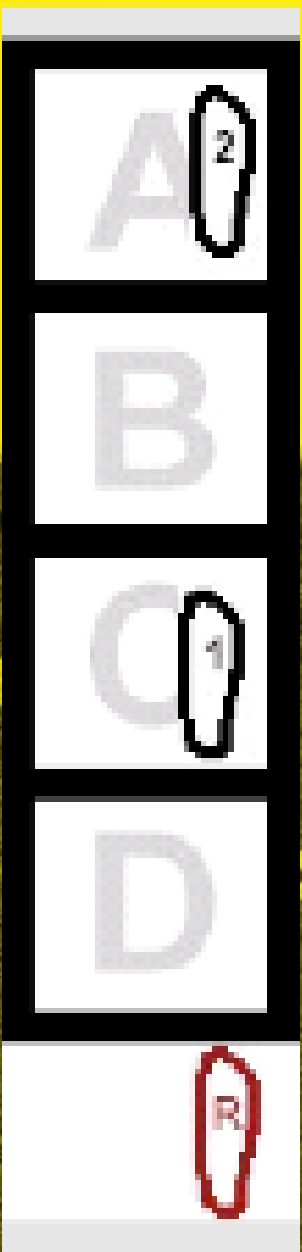


1 Leg Linear Hops **#1**

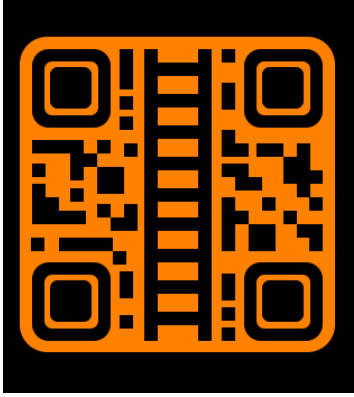


AGILITY LADDER

QR CODE GUIDE

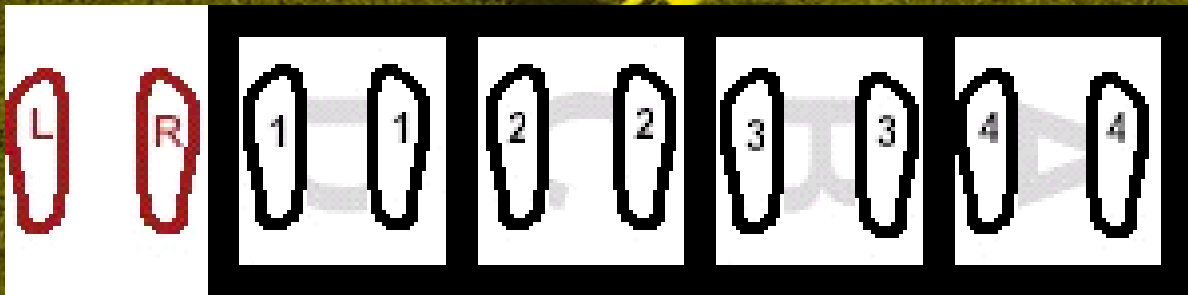


1 Leg Linear Hops **#2**

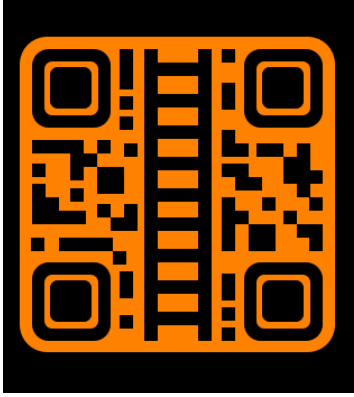


AGILITY LADDER

QR CODE GUIDE

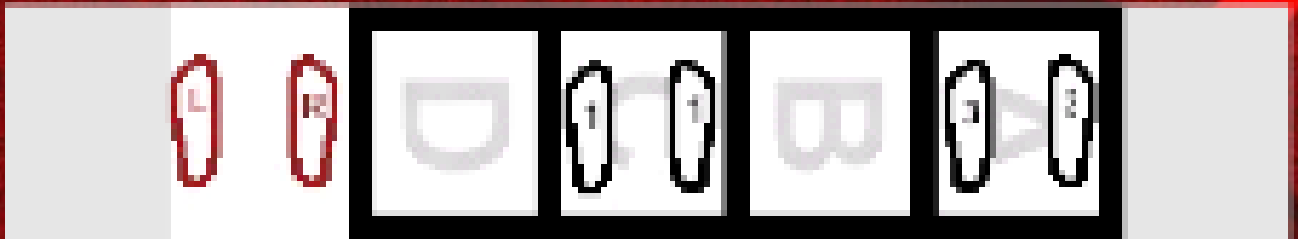


2 Feet Lateral Hops #1



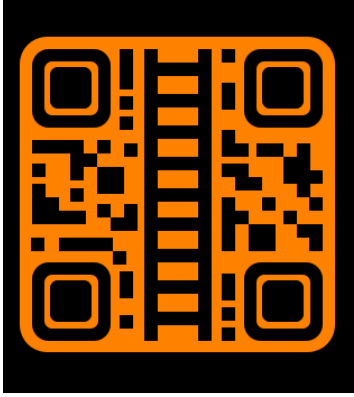
AGILITY LADDER

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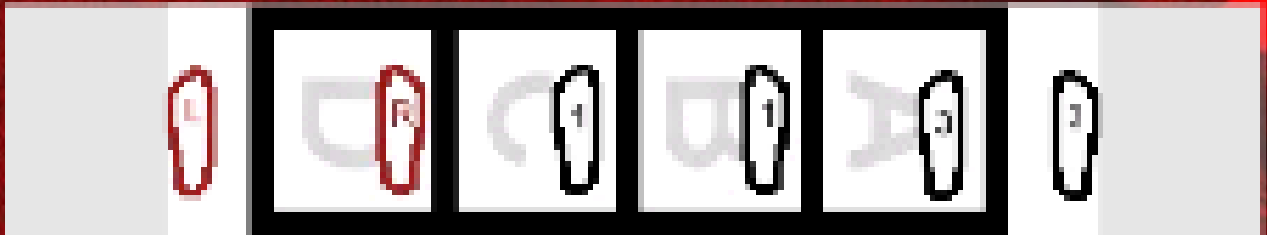
2 Feet Wide Lateral Hops **#1**



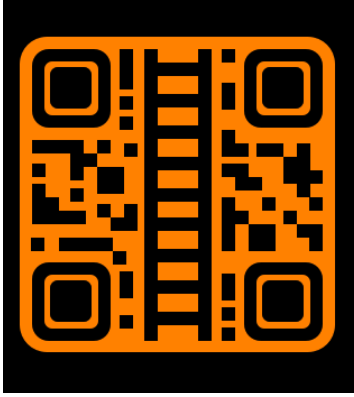


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QR CODE GUIDE

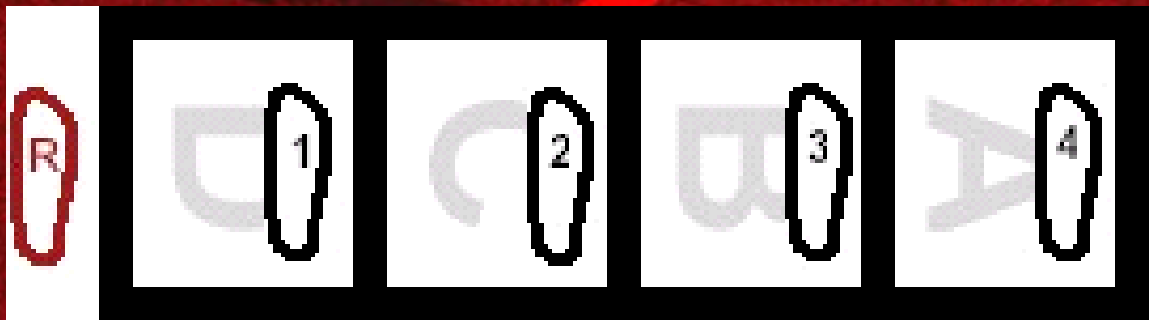


2 Feet Lateral Hops

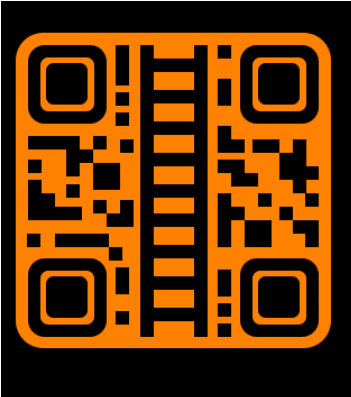


AGILITY LADDER

QR CODE GUIDE

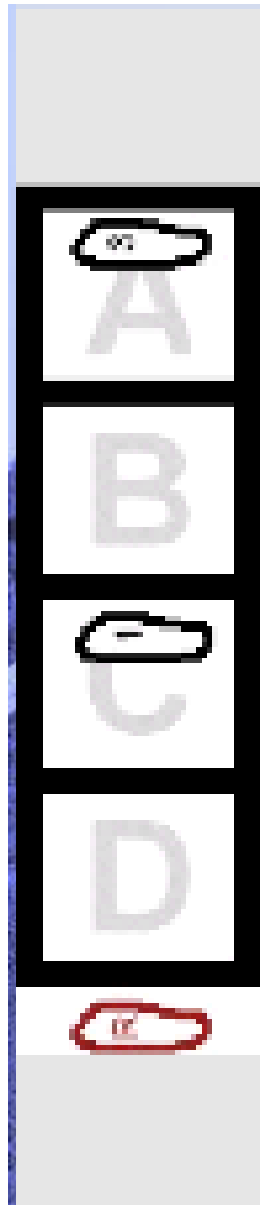


1 Foot Lateral Hops #1

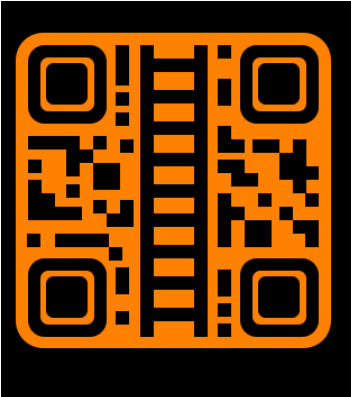


AGILITY LADDER

QR CODE GUIDE

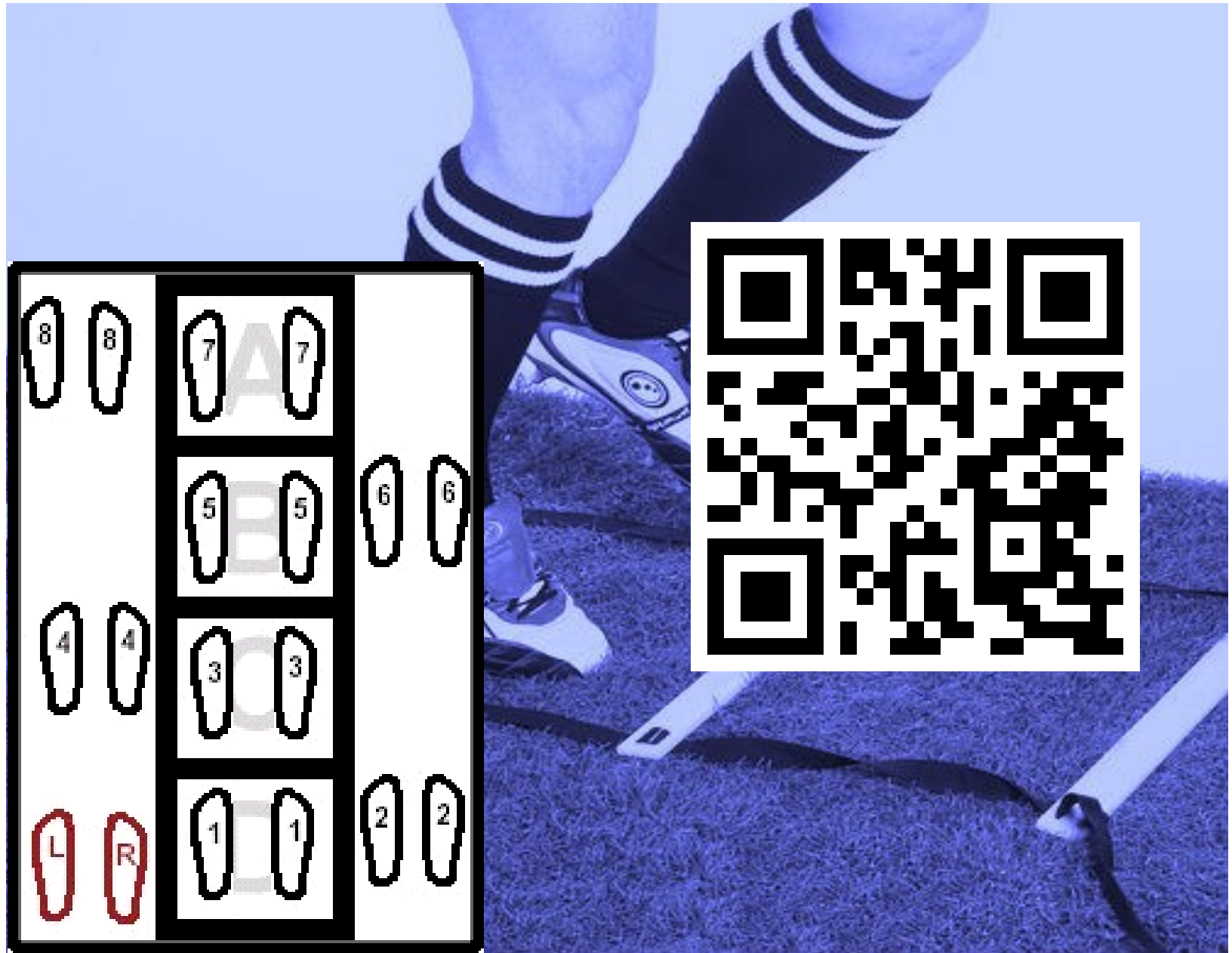


Wide 1 Foot Lateral Hops



AGILITY LADDER

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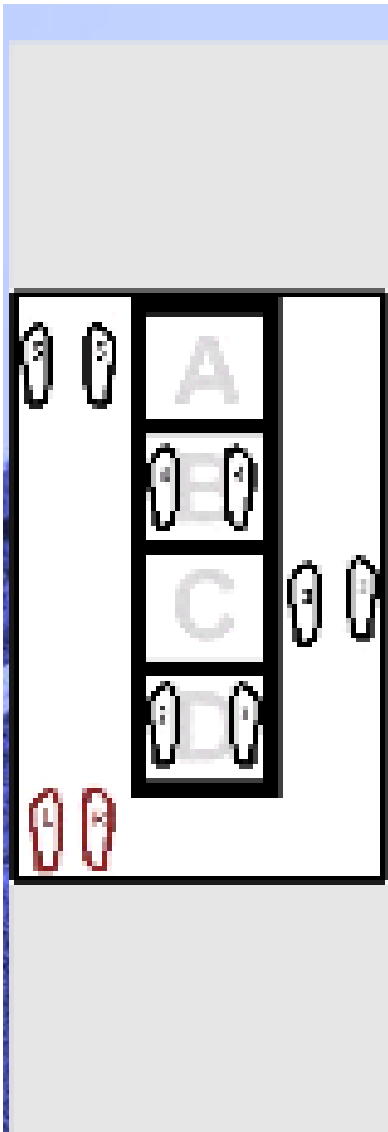


ZIG-ZAG #1

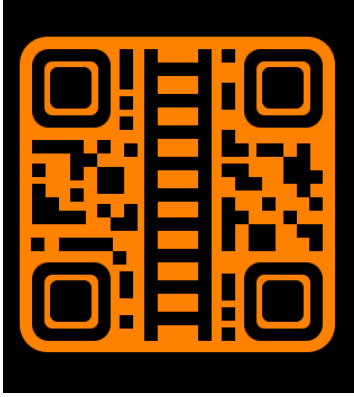


AGILITY LADDER

QR CODE GUIDE



Lateral Hop #1

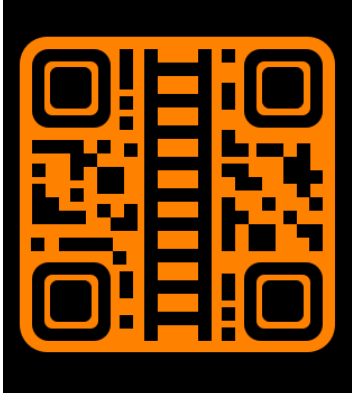


AGILITY LADDER

QR CODE GUIDE

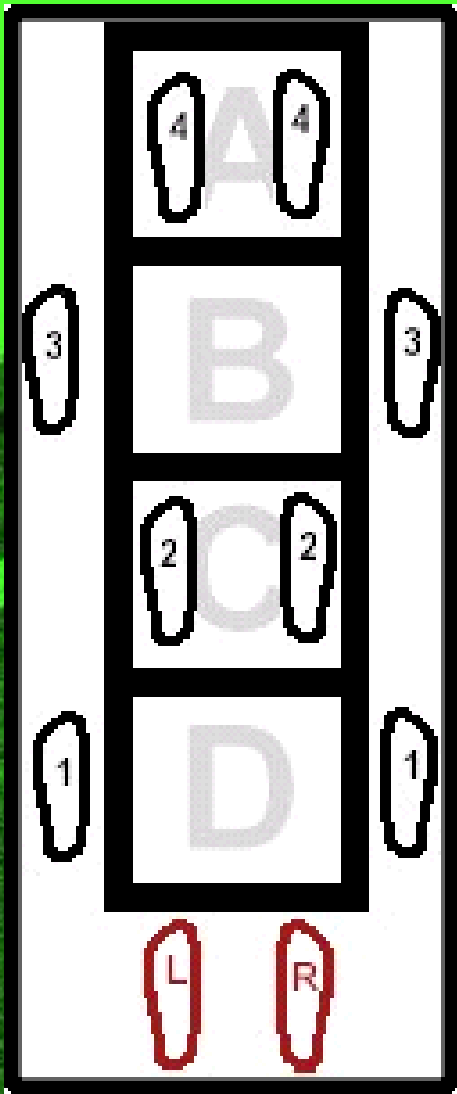
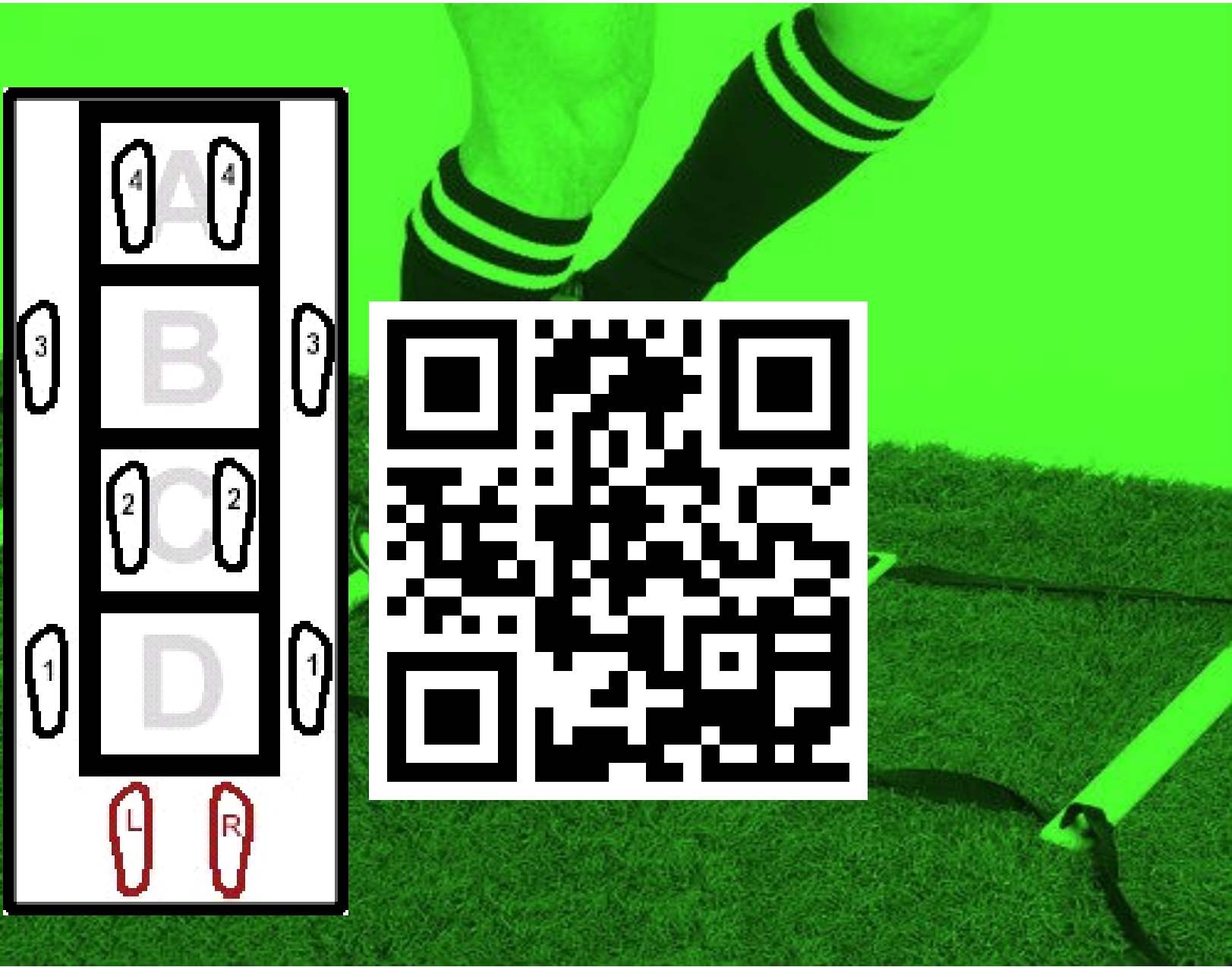


2 Feet Side to Side
Linear Hops

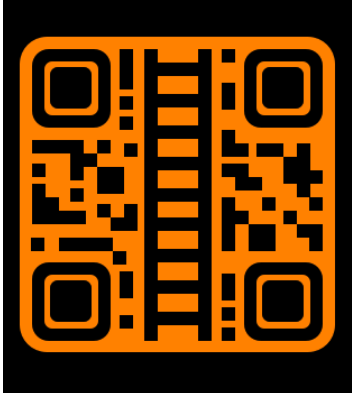


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Ins and Outs

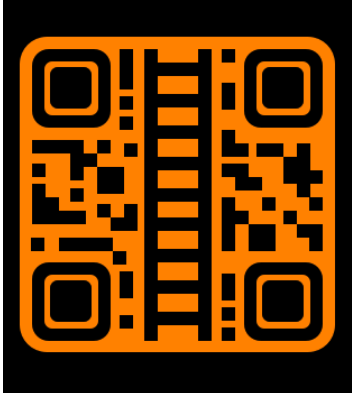


AGILITY LADDER

QR CODE GUIDE

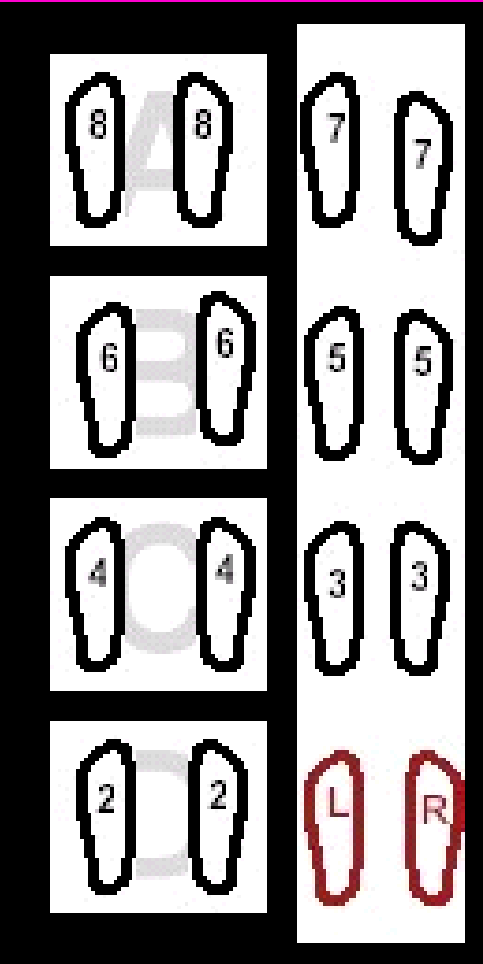


ZIG ZAG #2

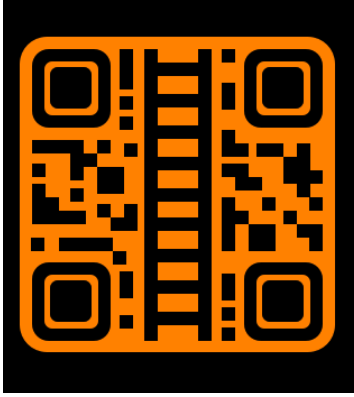


AGILITY LADDER

QR CODE GUIDE

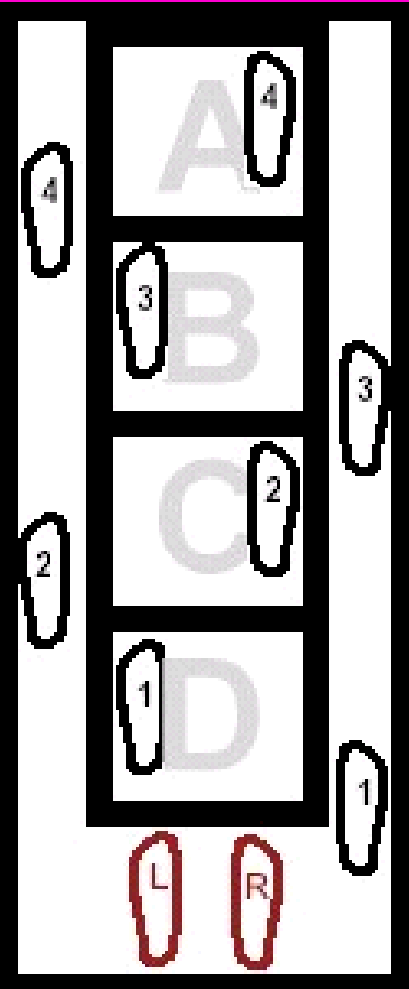


Hop Scotch

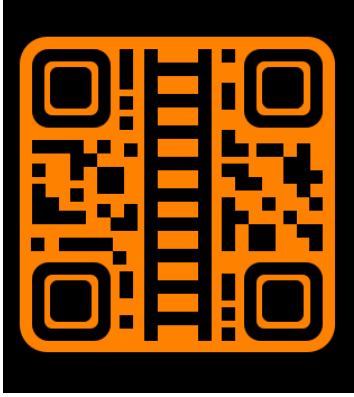


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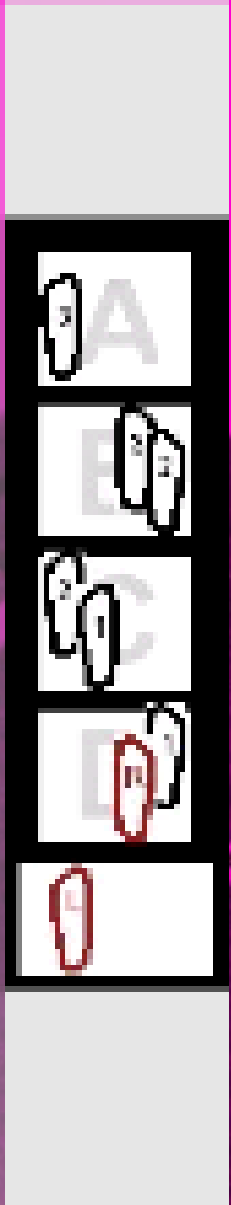


Lateral Hop #2

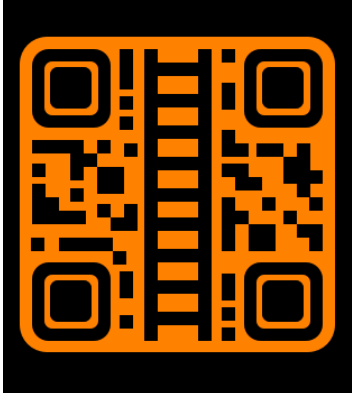


AGILITY LADDER

QR CODE GUIDE

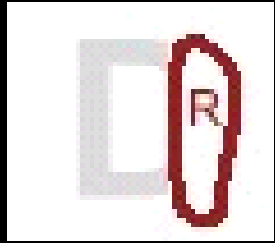
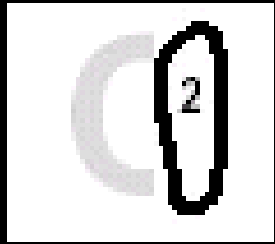
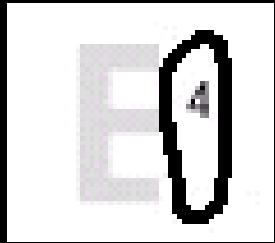
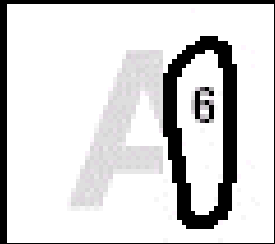
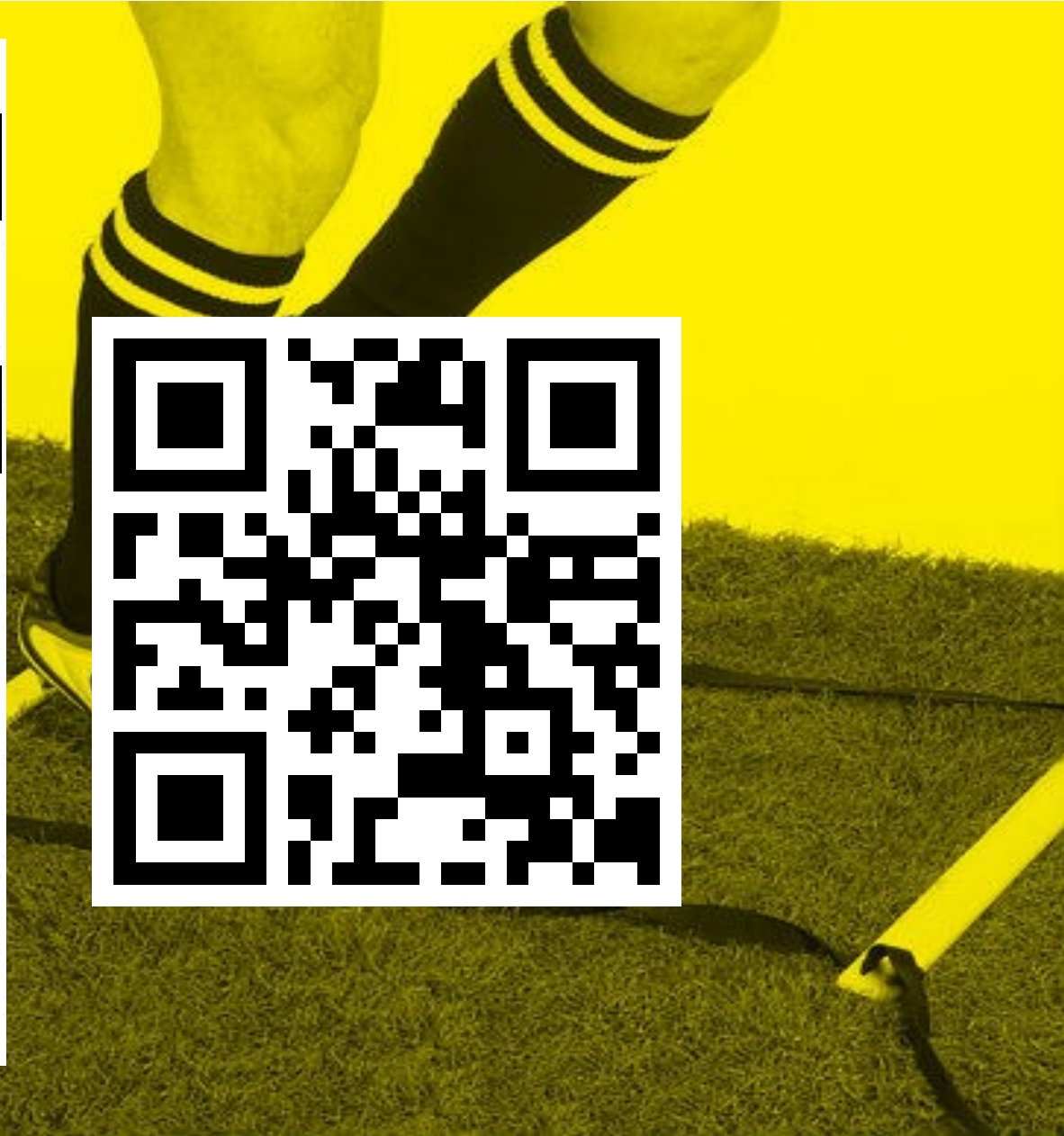


LINEAR SCISSORS



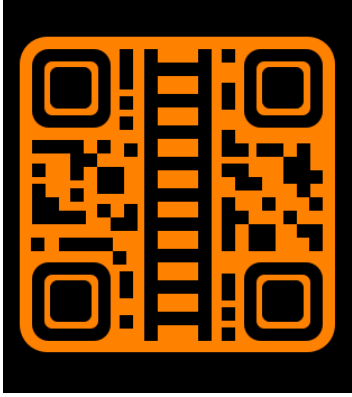
AGILITY LADDER

QR CODE GUIDE



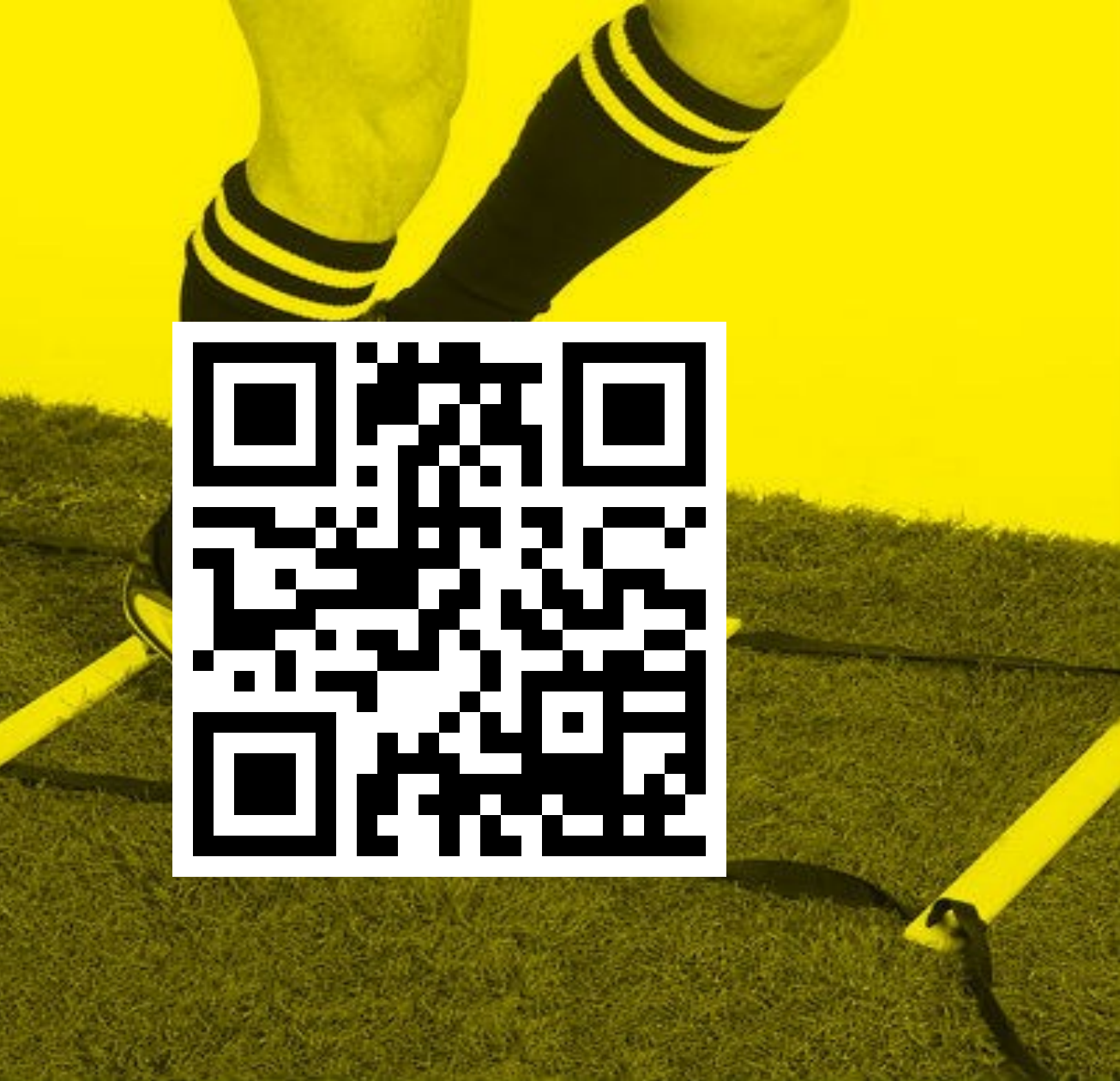
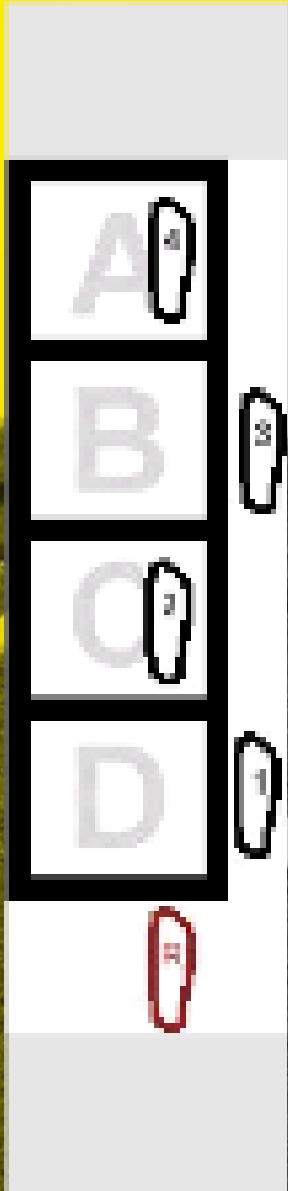
1 Leg Side 2 Side

Hops #1

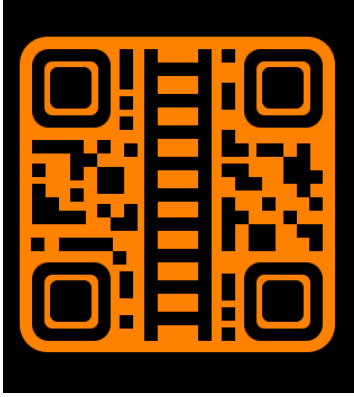


AGILITY LADDER

QR CODE GUIDE

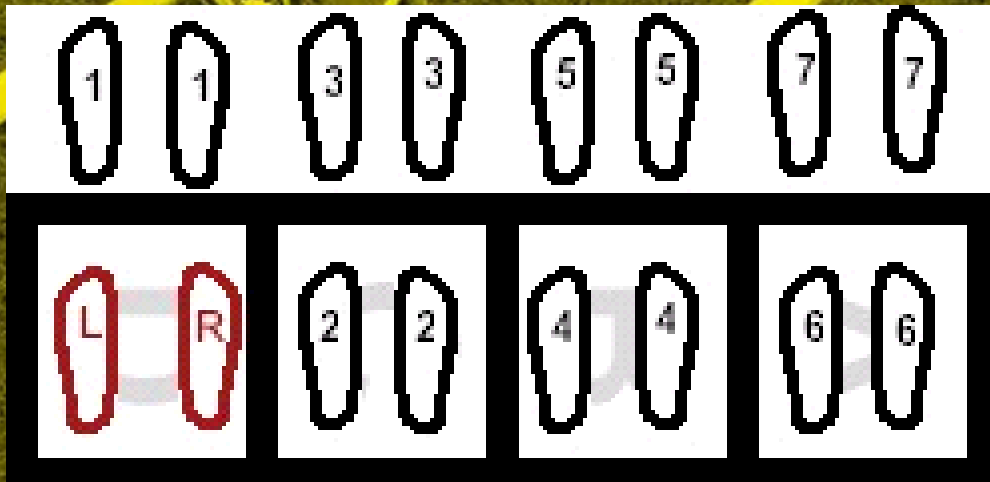


1 Leg Side to Side Hops #2

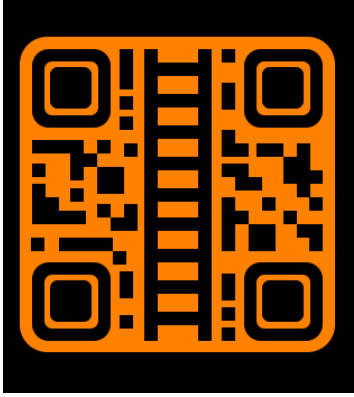


AGILITY LADDER

QR CODE GUIDE

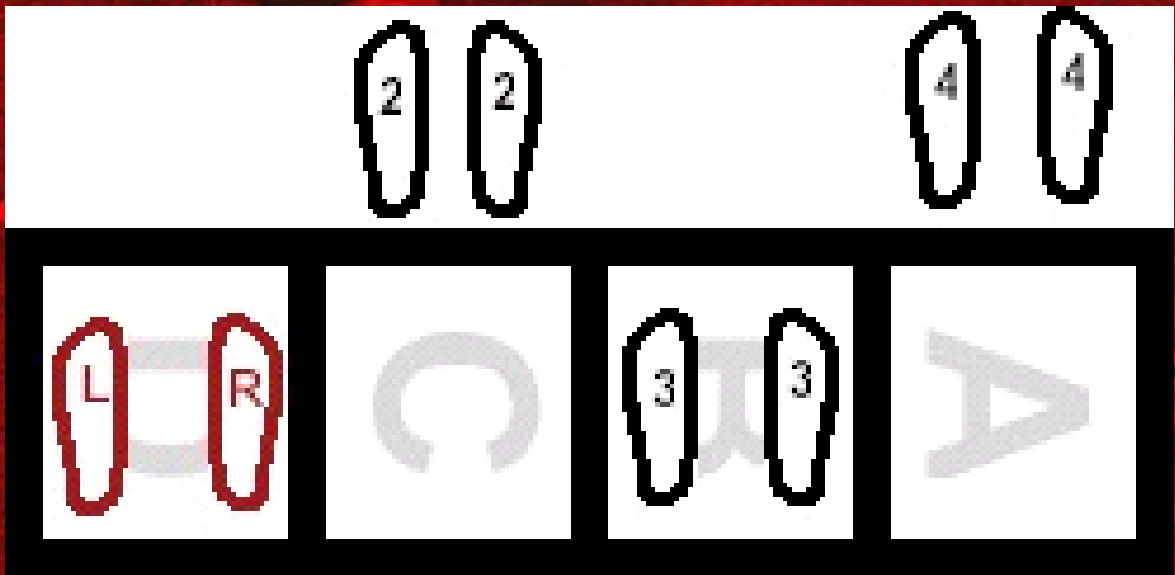


Front to Back #1

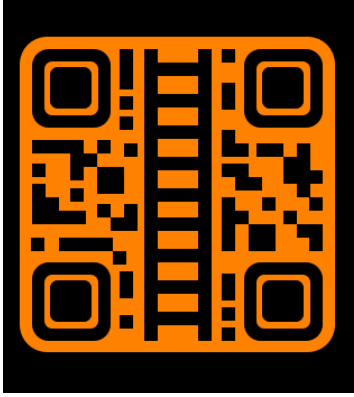


AGILITY LADDER

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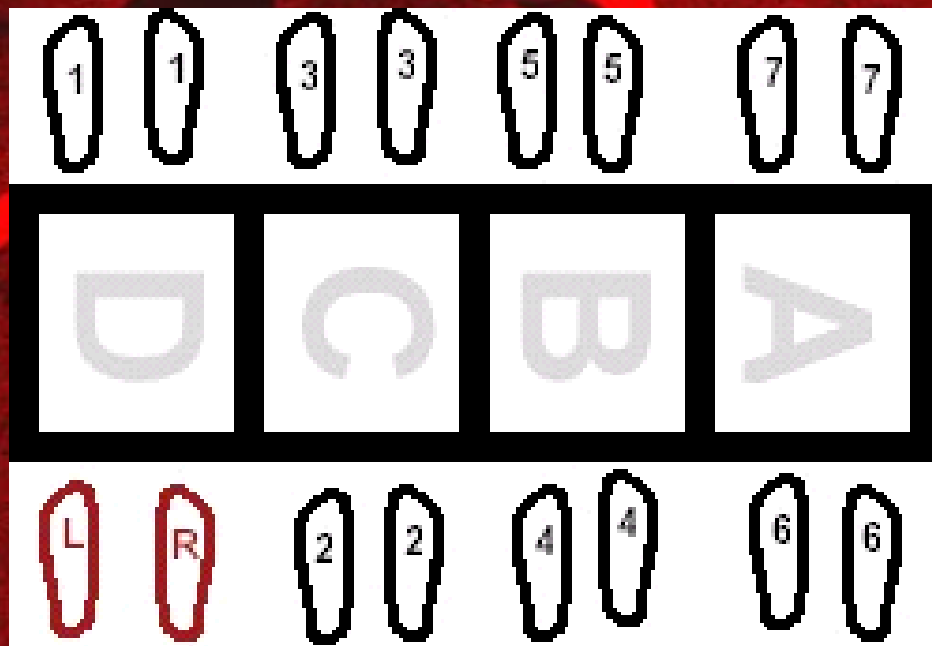


Front to Back #2



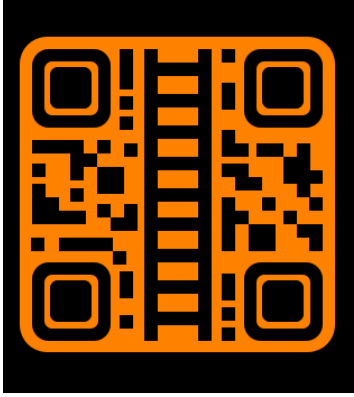
AGILITY LADDER

QR CODE GUIDE



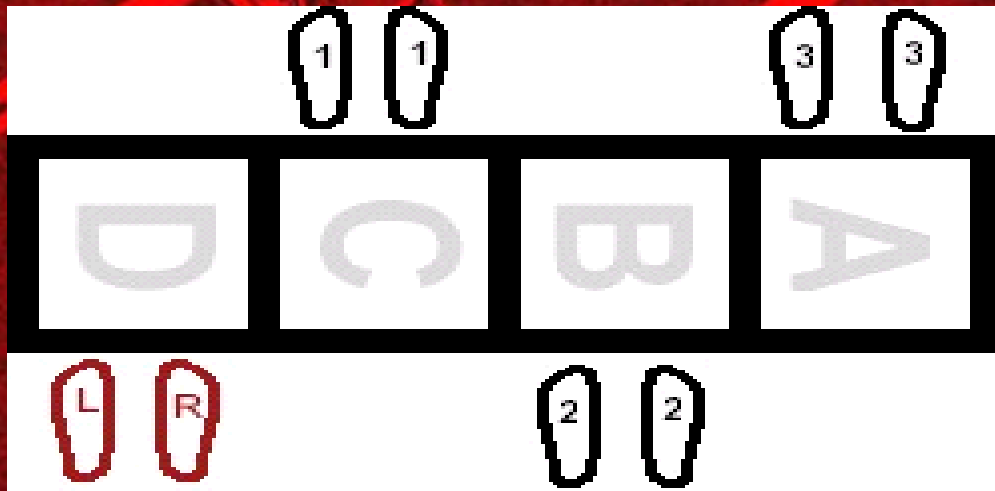
Front to Back

Across #1

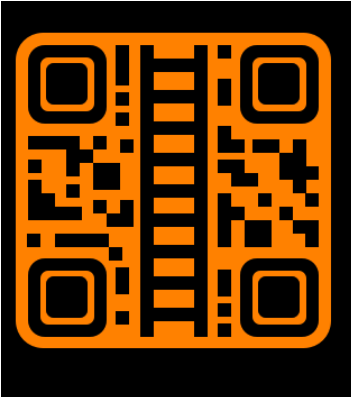


AGILITY LADDER

QR CODE GUIDE

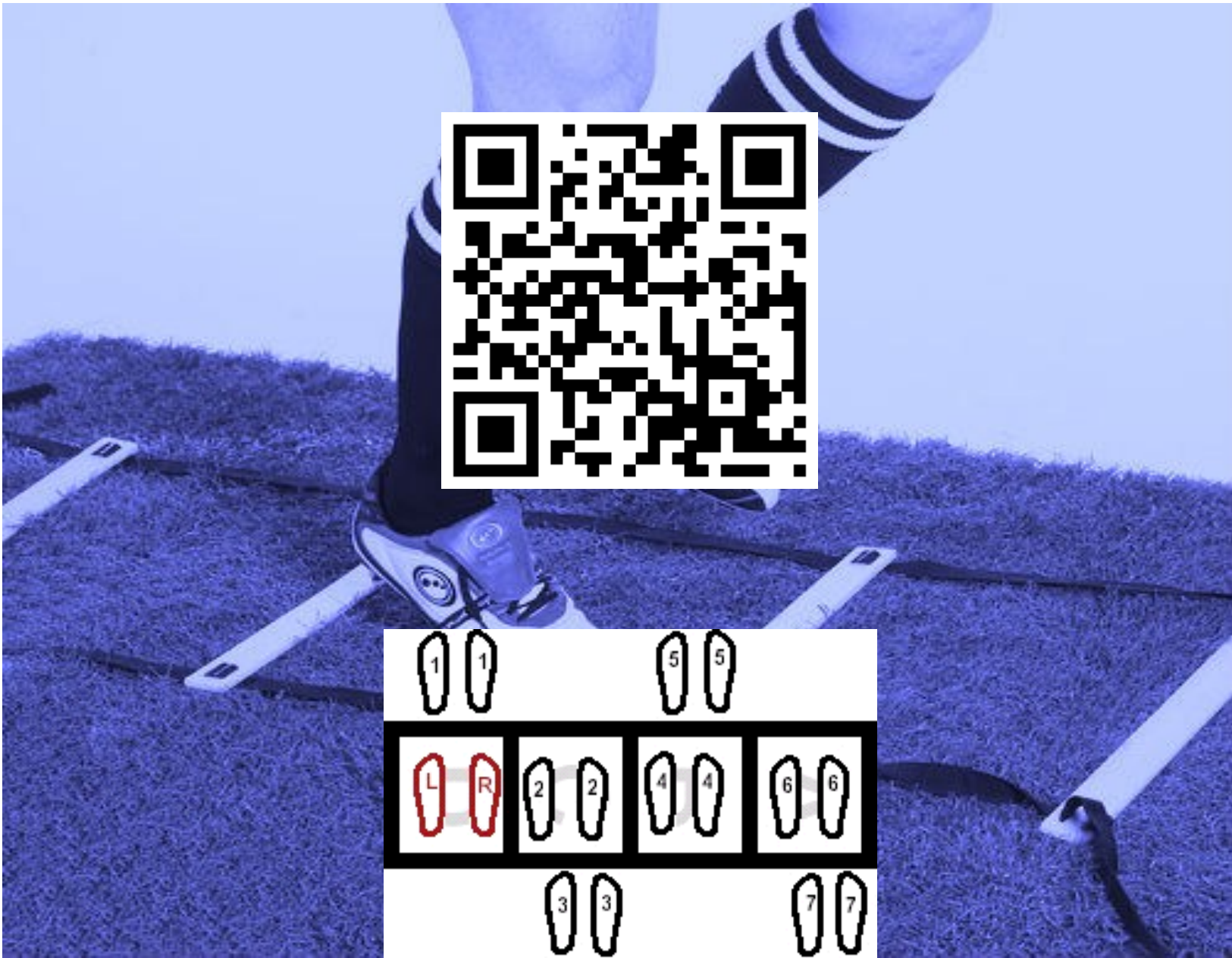


Front to Back Across #2

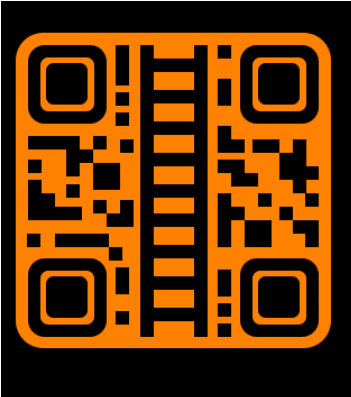


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V-Pattern

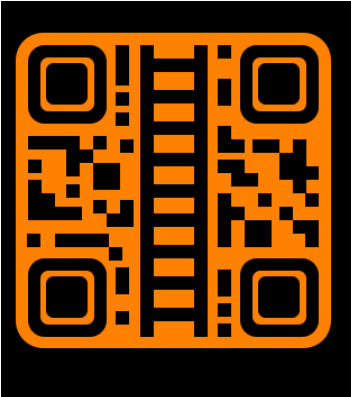


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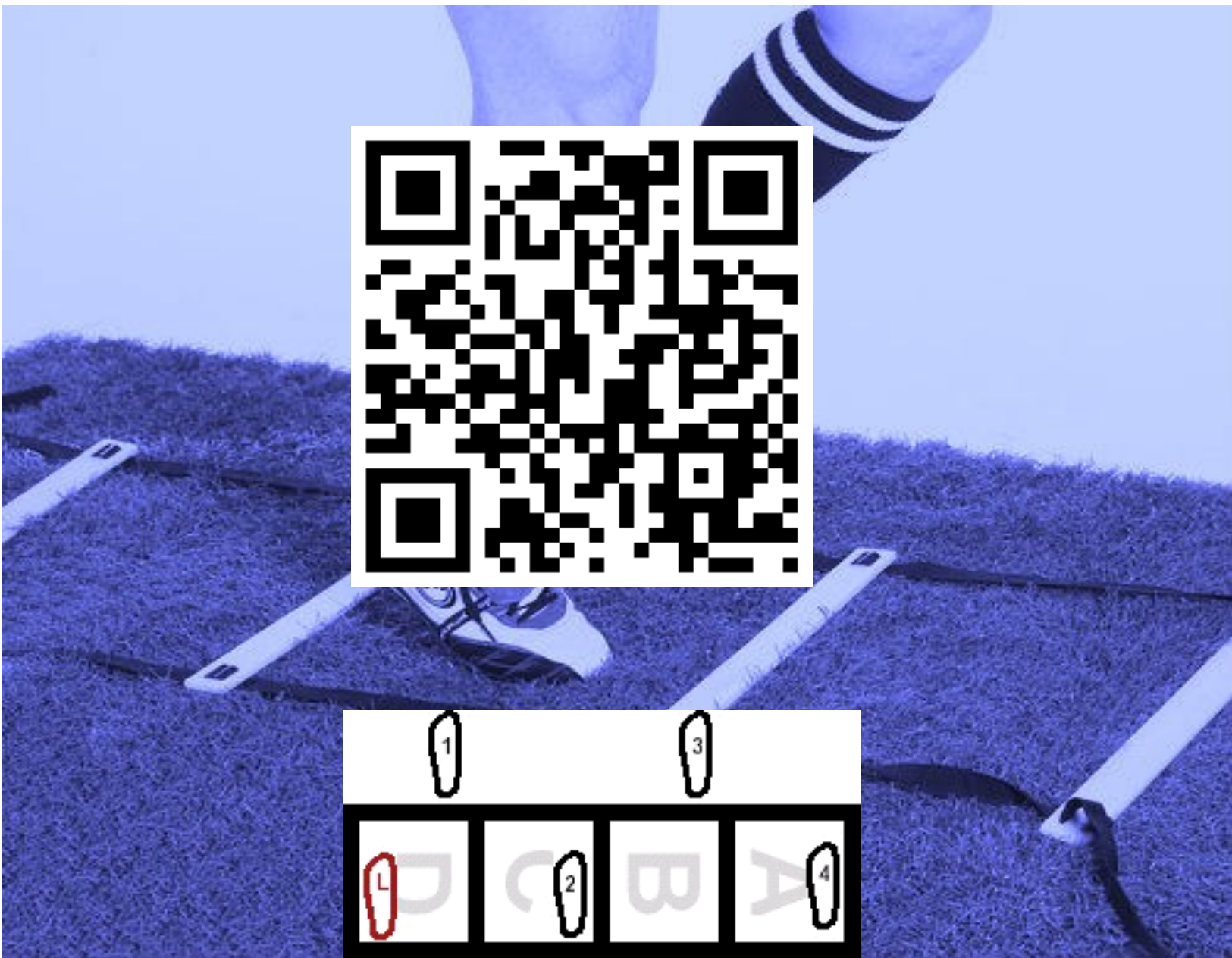


1 Leg Front to Back #1

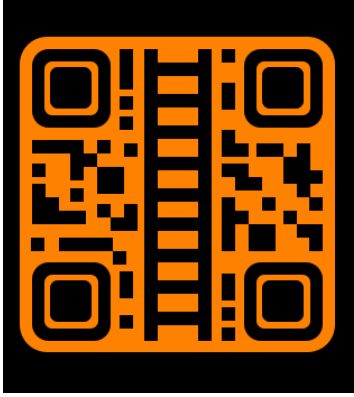


AGILITY LADDER

QR CODE GUIDE

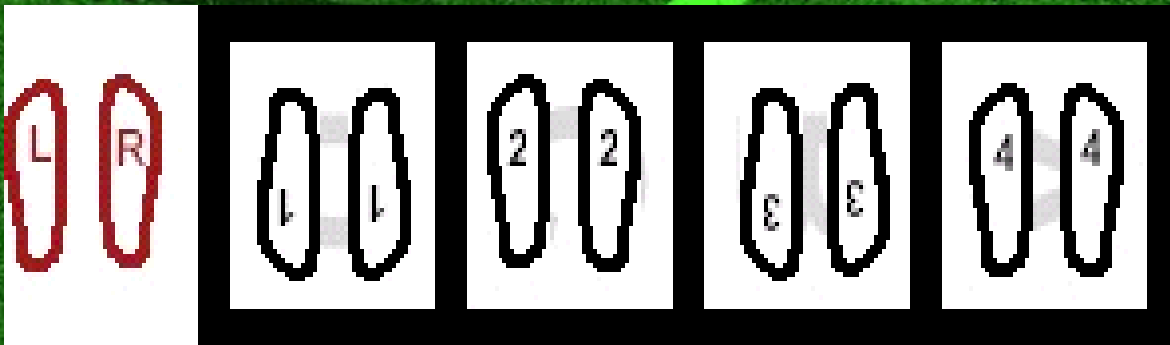


1 Leg Front to Back #2



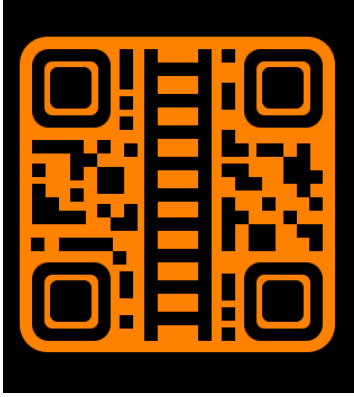
AGILITY LADDER

QR CODE GUIDE



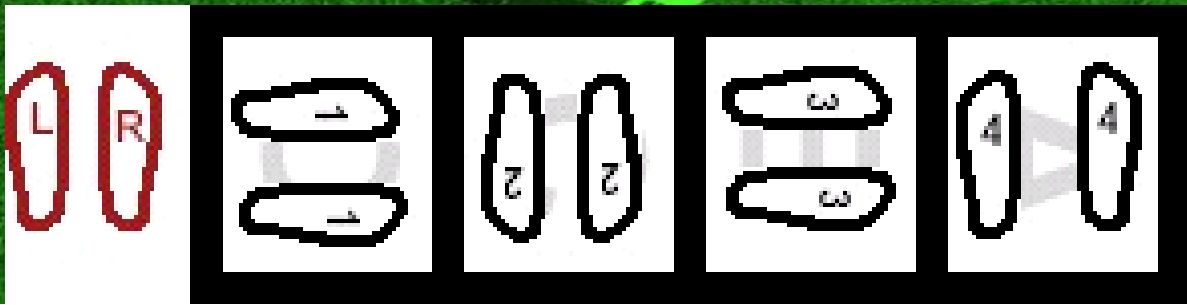
180 Degree Rotation



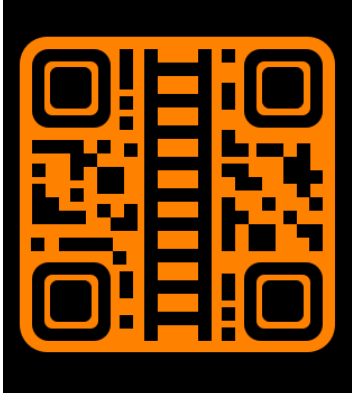


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90 Degree Rotation

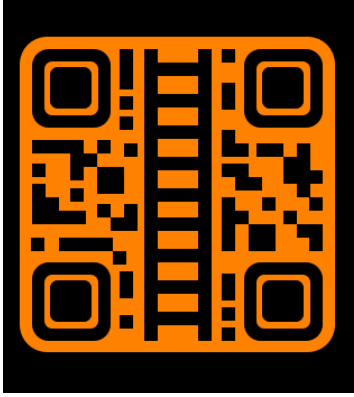


AGILITY LADDER

QR CODE GUIDE

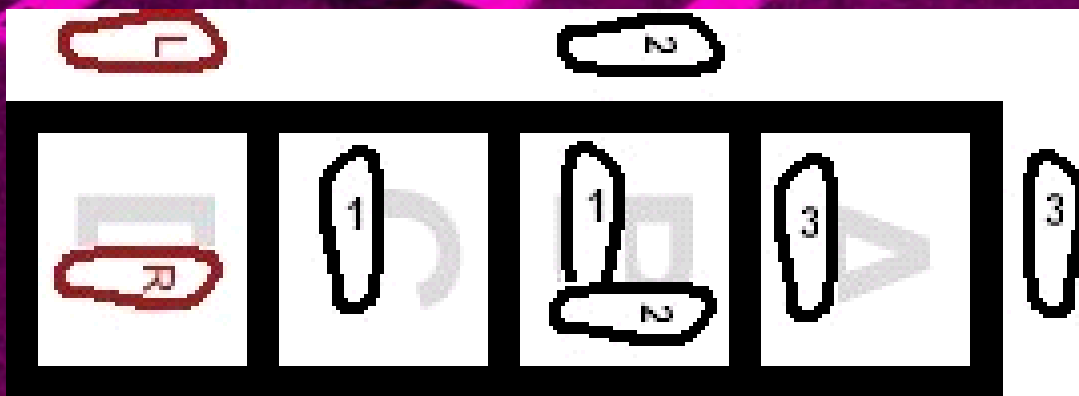


90 Degree Rotation Wide #1

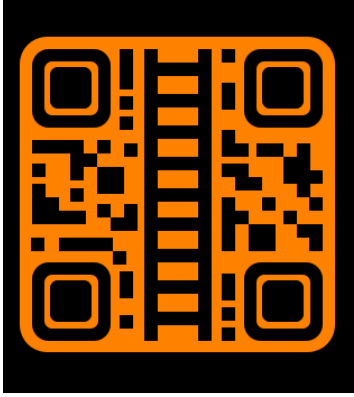


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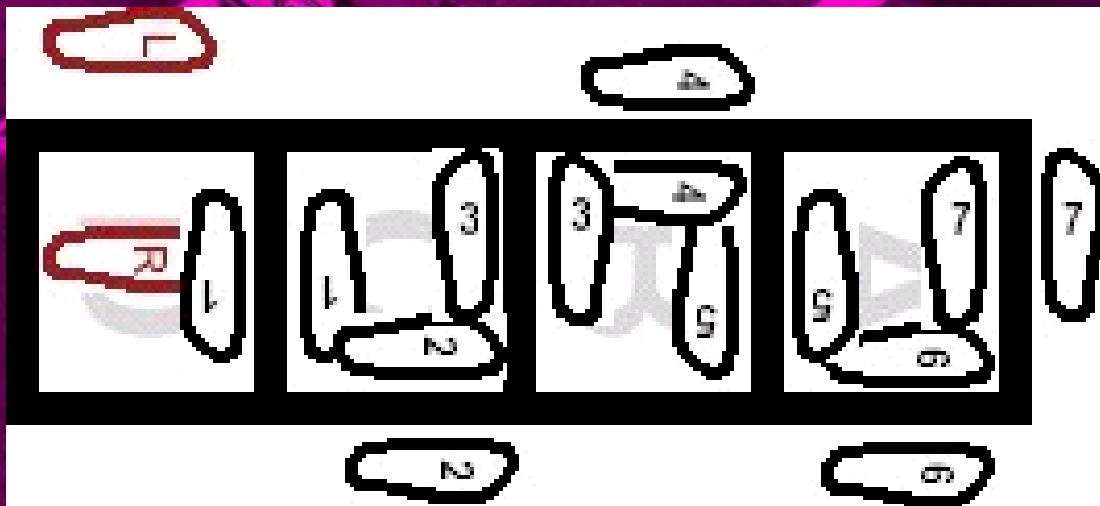


90 Degree Rotation Wide #2

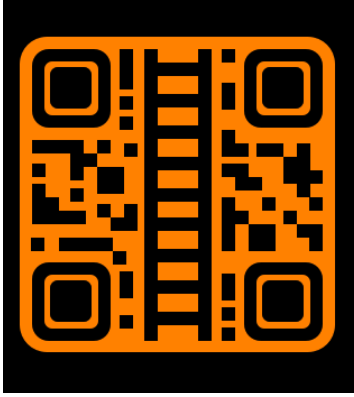


AGILITY LADDER

QR CODE GUIDE

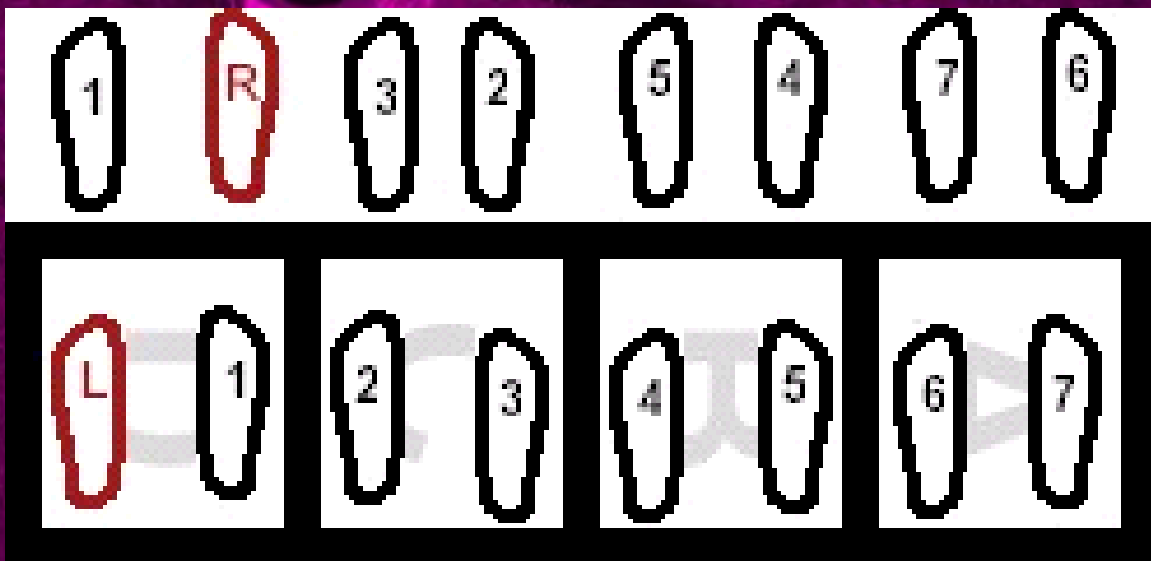


Serpentine

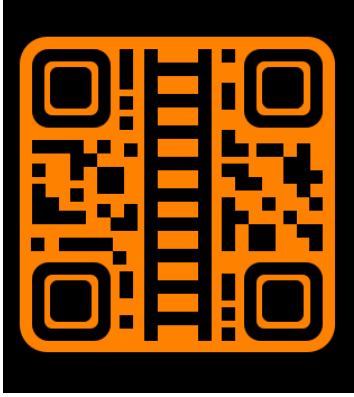


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QR CODE GUIDE

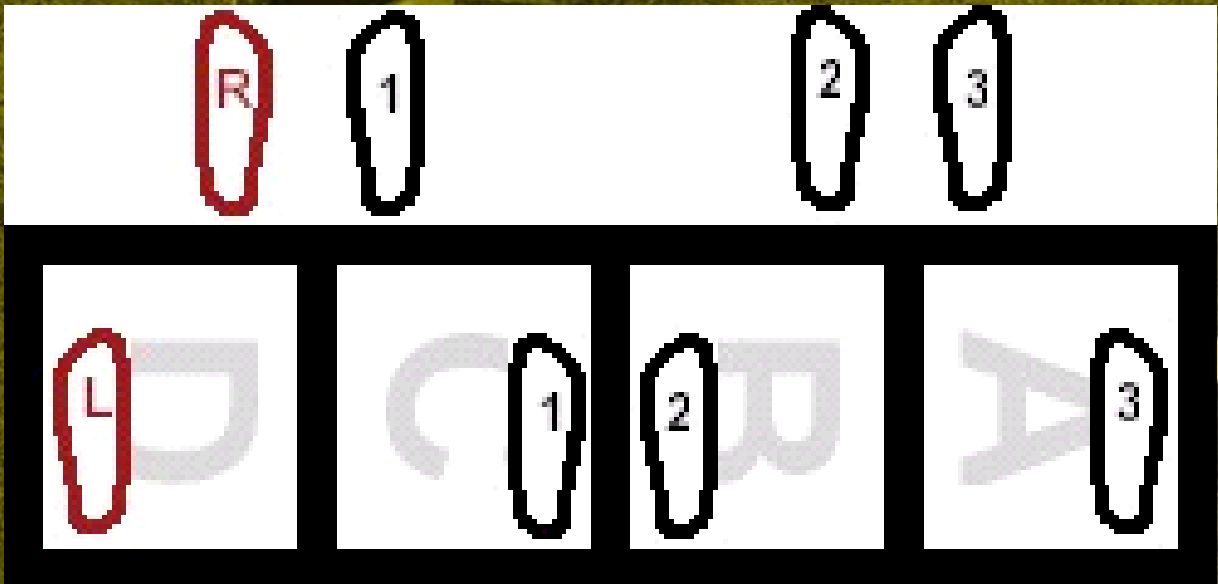


Lateral Scissors #1

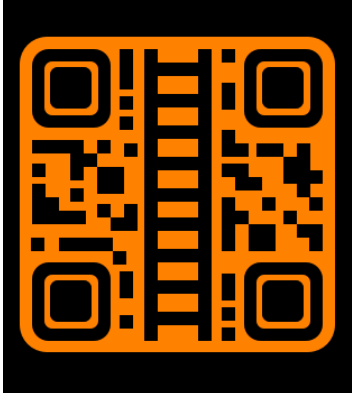


AGILITY LADDER

QR CODE GUIDE

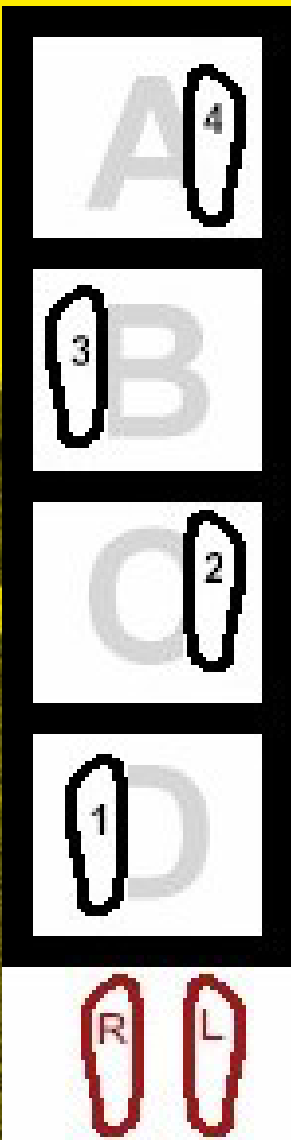


Lateral Scissors #2

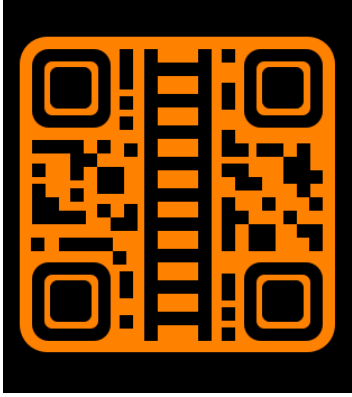


AGILITY LADDER

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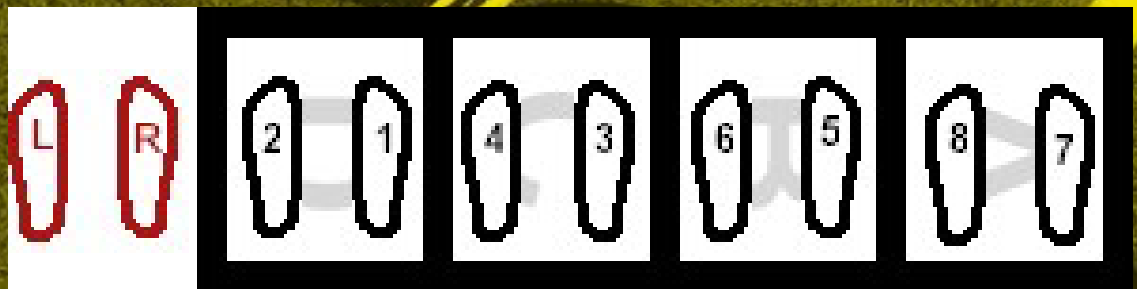
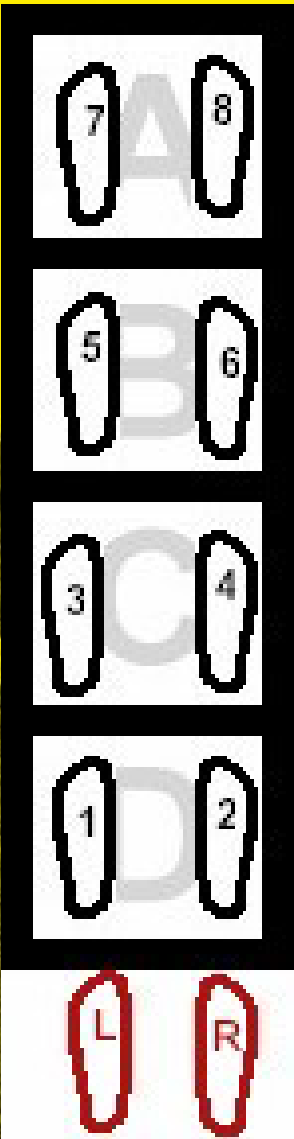


Linear & Lateral
1 Foot In

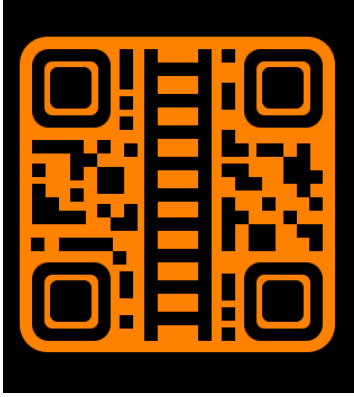


AGILITY LADDER

QR CODE GUIDE

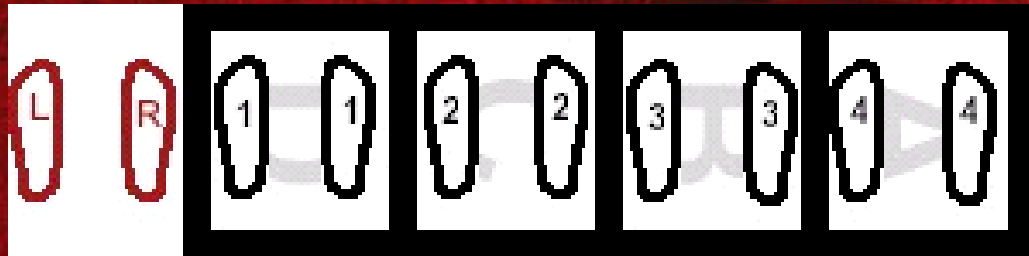
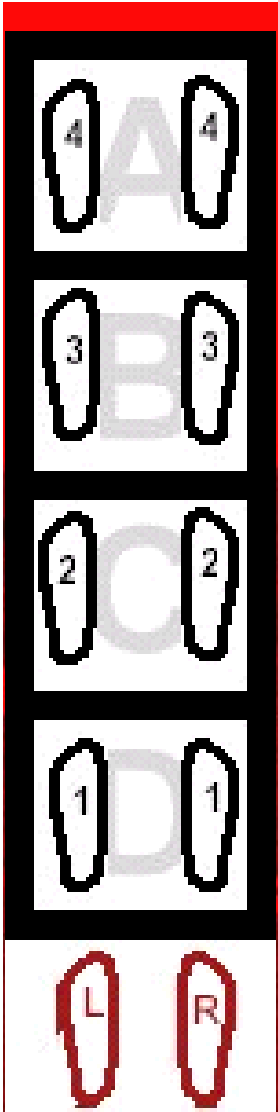


Linear & Lateral
2 Feet In

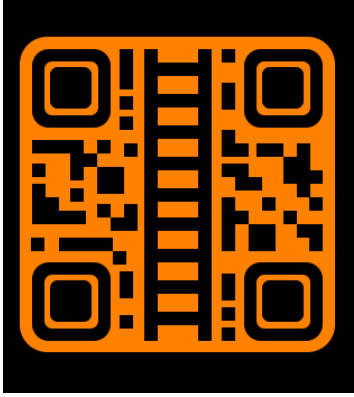


AGILITY LADDER

QR CODE GUIDE

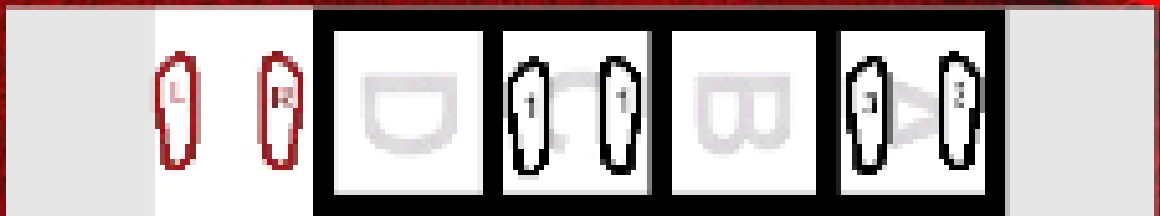
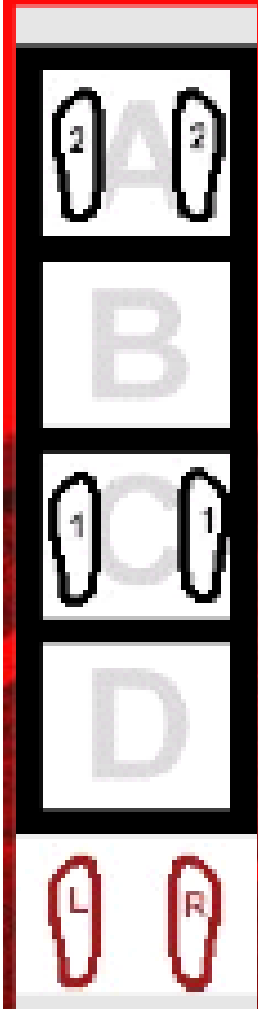


Linear & Lateral
2 Foot Jumps

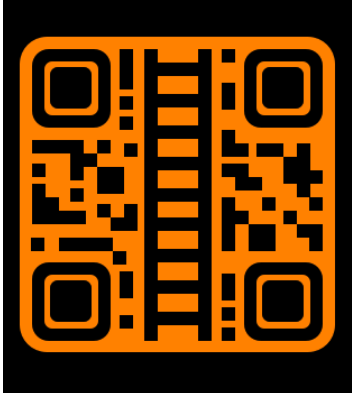


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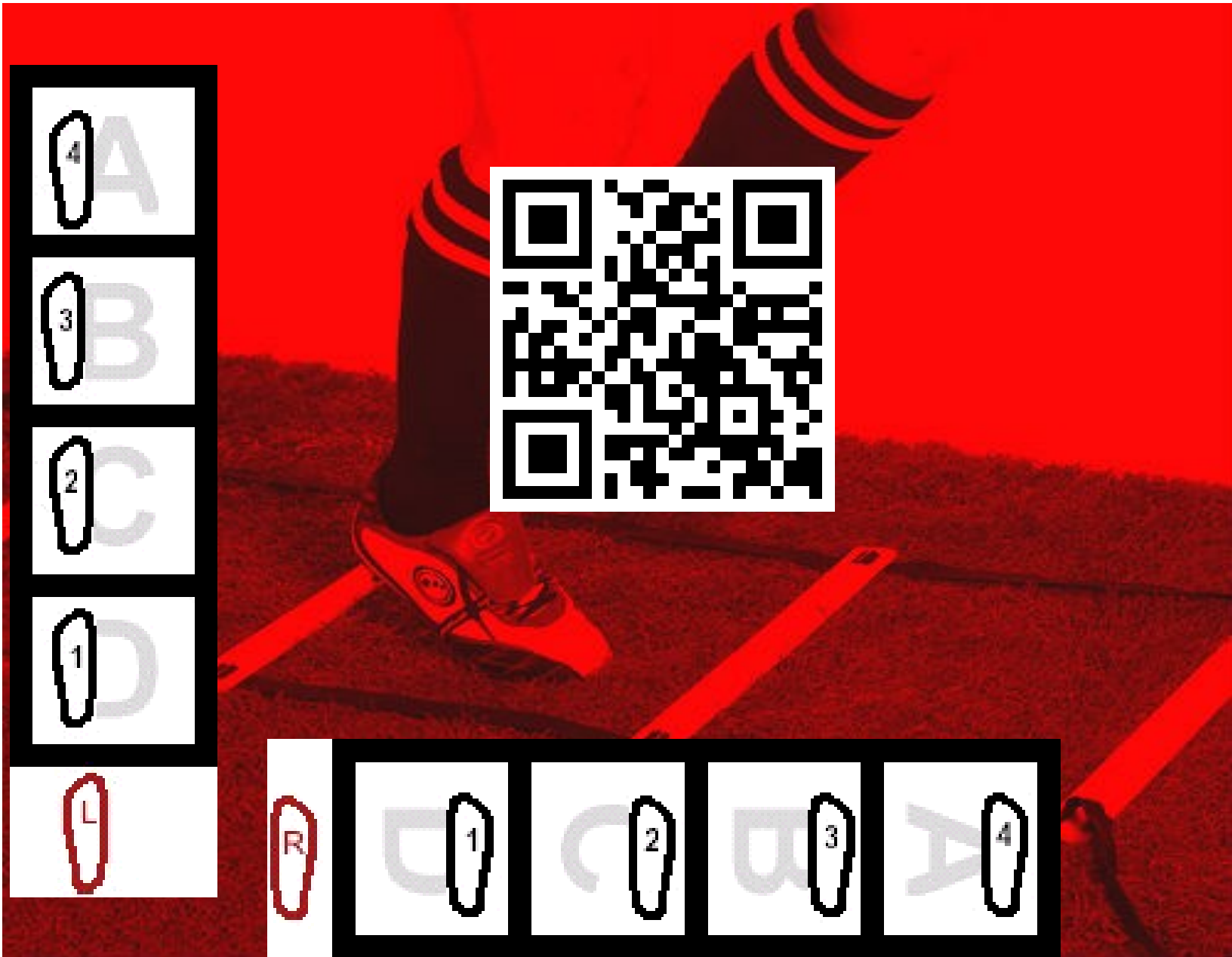


Linear & Lateral
2 Feet Wide Jumps



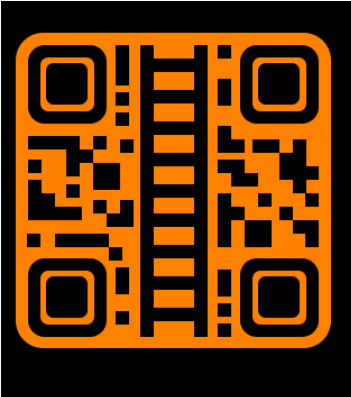
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Linear & Lateral

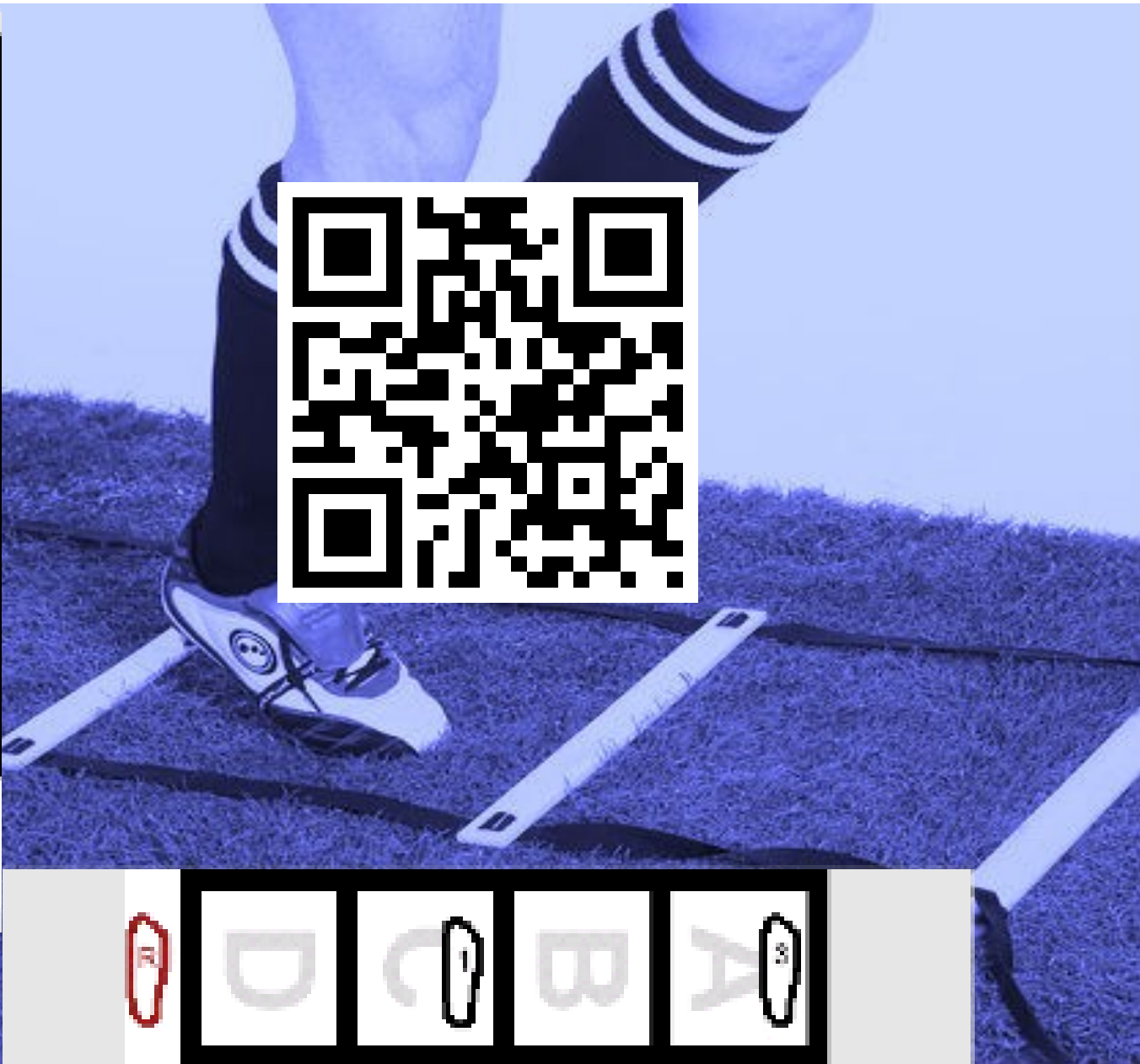
1 Foot Hops



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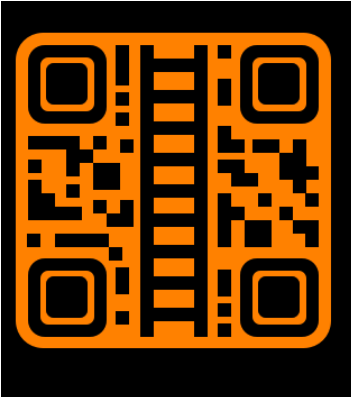
A vertical sequence of five white boxes with black borders. The first box contains the letter 'A' and a black outline of a foot with the number '2' inside. The second box contains the letter 'B'. The third box contains the letter 'C' and a black outline of a foot with the number '1' inside. The fourth box contains the letter 'D'. The fifth box contains the letter 'R' and a red outline of a foot with the letter 'R' inside.



A horizontal sequence of five white boxes with black borders. The first box contains the letter 'R' and a red outline of a foot with the letter 'R' inside. The second box contains the letter 'D'. The third box contains the letter 'C' and a black outline of a foot with the number '1' inside. The fourth box contains the letter 'B'. The fifth box contains the letter 'A' and a black outline of a foot with the number '3' inside.

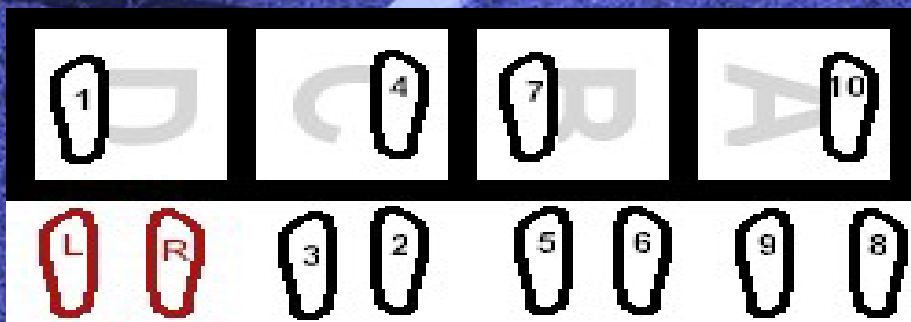
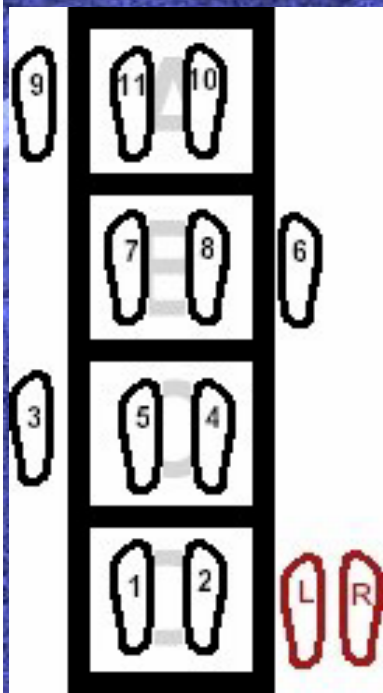
Linear & Lateral

1 Foot Wide Hops

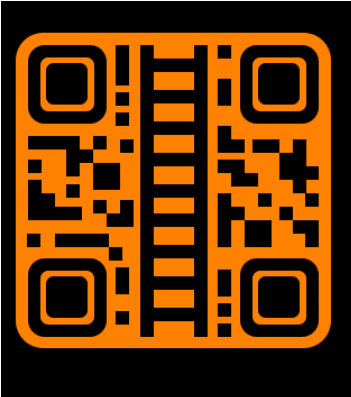


AGILITY LADDER

QR CODE GUIDE

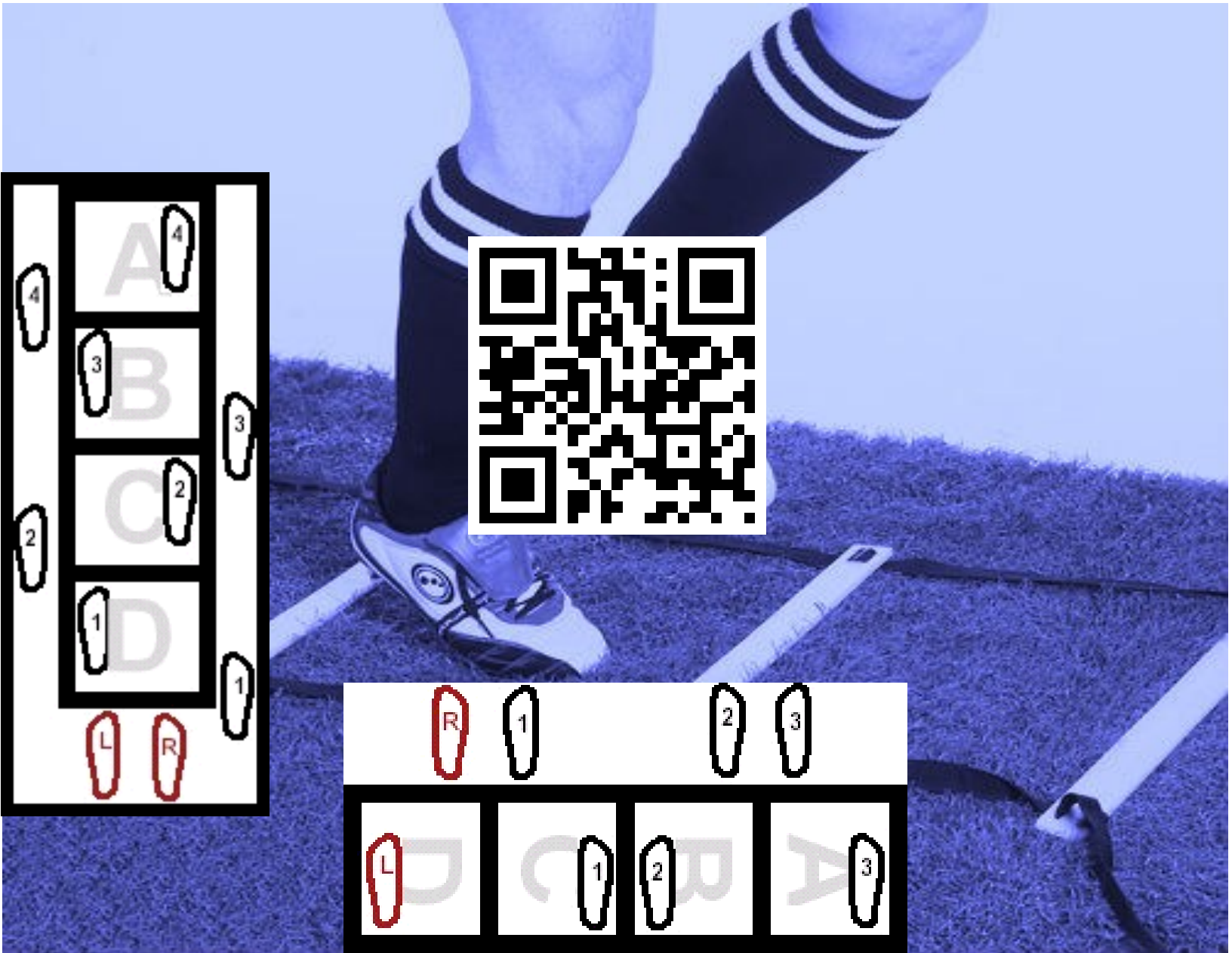


Linear & Lateral
Ickey Shuffle & In Out Out

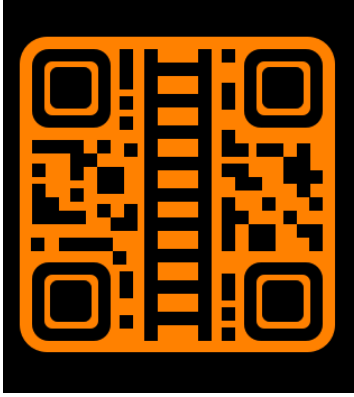


AGILITY LADDER

QR CODE GUIDE

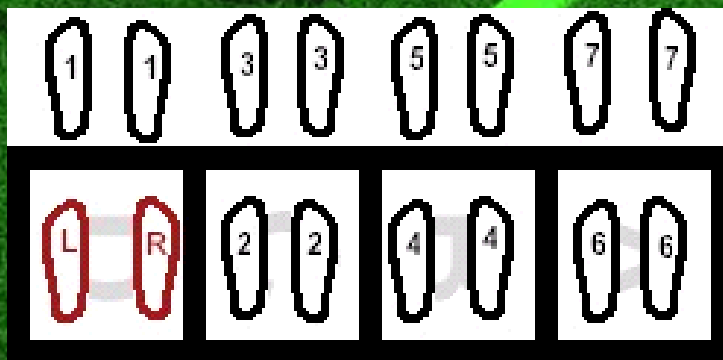
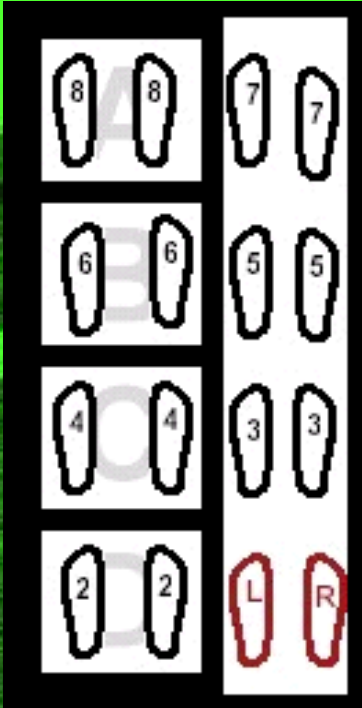
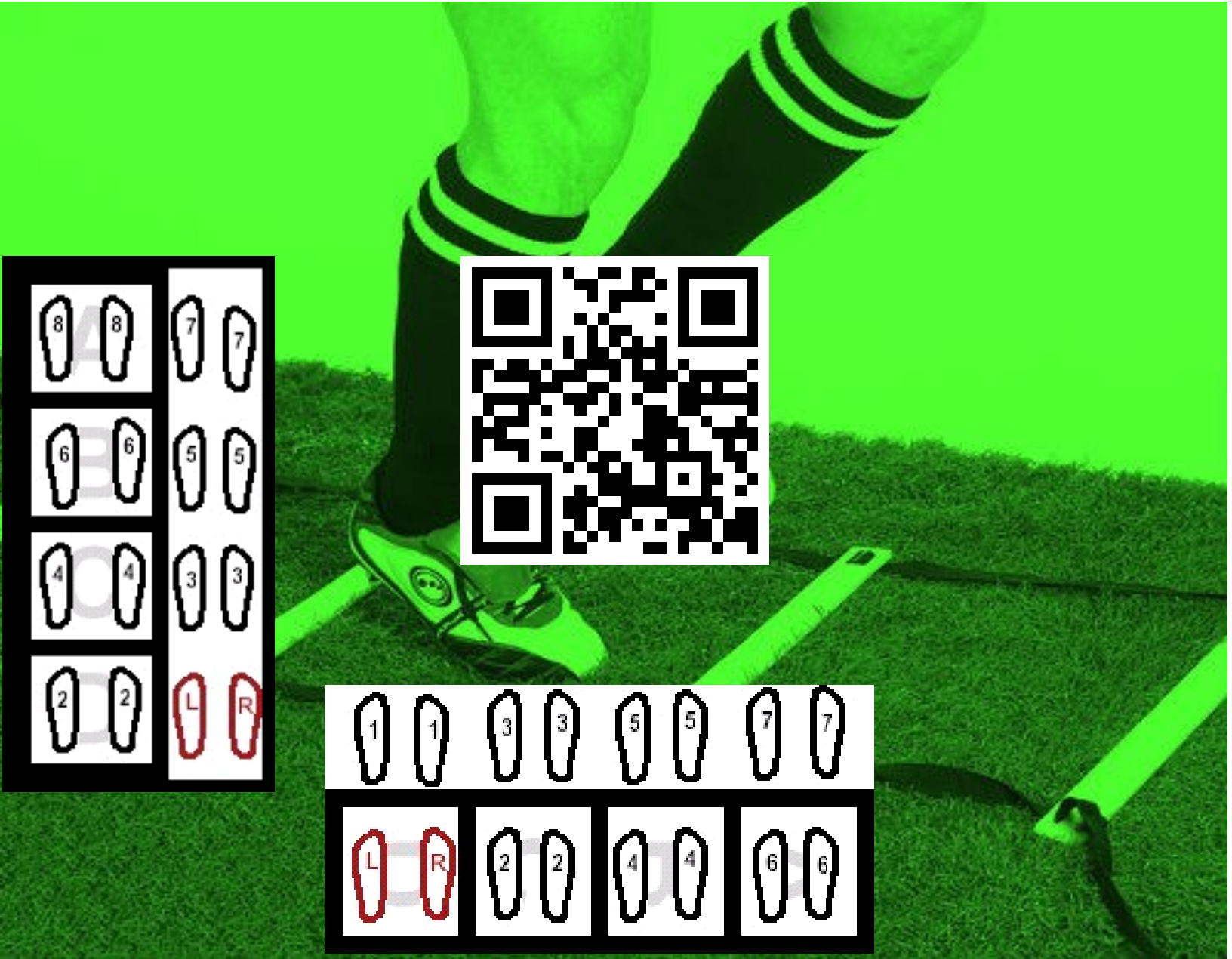


Linear & Lateral
Lateral Jumps & Linear Scissors

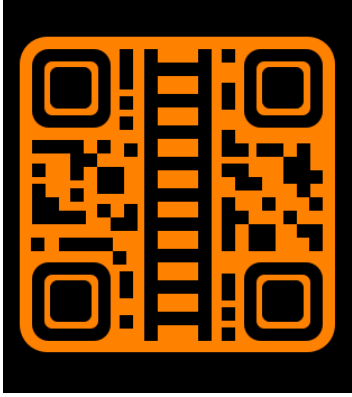


AGILITY LADDER

QR CODE GUIDE

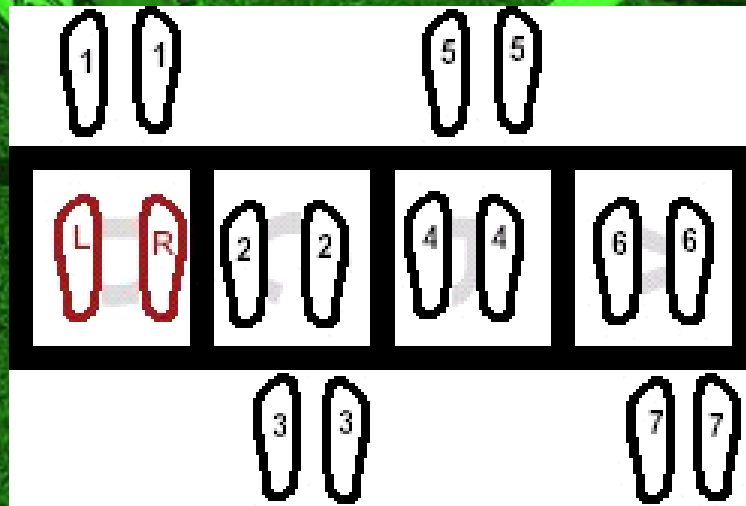
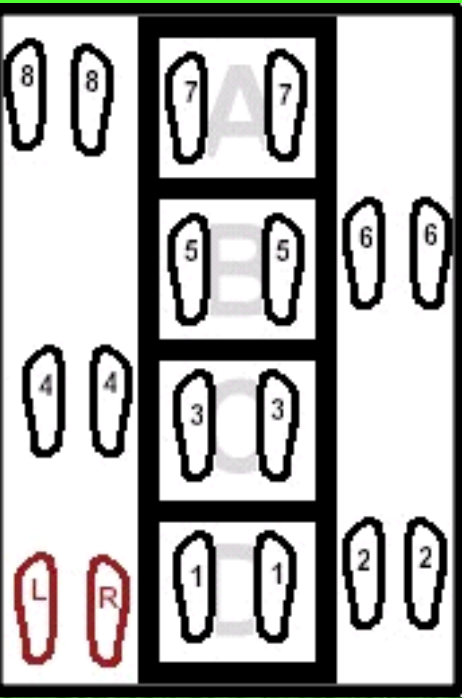


Linear & Lateral
Lateral Jumps & Linear Jumps

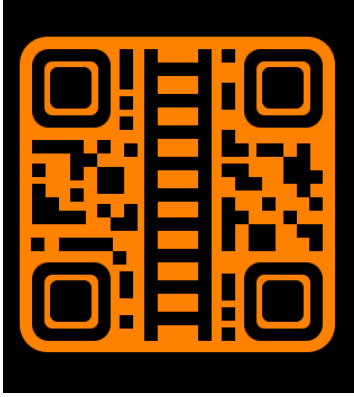


AGILITY LADDER

QR CODE GUIDE

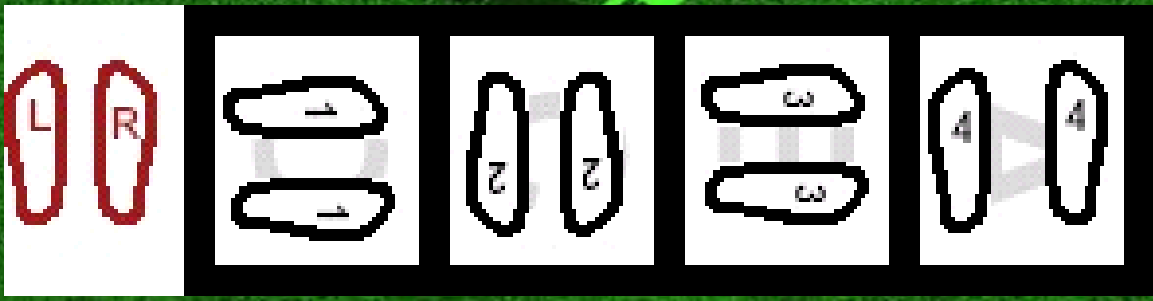


Linear & Lateral
Lateral & Linear Zig Zag



AGILITY LADDER

QR CODE GUIDE



Linear & Lateral
90 Degree Rotation
Linear starts facing ladder
Lateral