

# SPRI CONES

## EXERCISE GUIDE

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements.

-OR-

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

### SIDE TO SIDE SHUTTLE RUN (2 CONES)



**Start:** Stand behind end cone, position feet shoulder-width apart, bend knees, hinge forward at the hips and touch top of cone with hand of outside arm.

**Finish:** Quickly shuffle feet laterally to opposite cone, touch top of cone with hand of outside arm, plant outside foot, and push off in opposite direction. Repeat continuous side to side shuffle run.

### 4-CORNER BOX SHUTTLE RUN (4 CONES)



**Start:** Stand next to cone with body positioned inside the 4-corner square facing outward, position feet shoulder-width apart, bend knees, hinge forward at the hips and touch top of cone with hand of outside arm.

**Finish:** Quickly shuffle feet laterally to corner cone, touch cone with hand of lead arm, plant outside foot, rotate body inward and push off in direction of the next corner cone. Repeat continuous side to side shuffle run touching all 4 corner cones.

### 4-CORNER DIAGONAL SHUTTLE RUN (5 CONES)



**Start:** Stand and straddle middle cone with body positioned inside the 4-corner square, position feet shoulder-width apart, bend knees and hinge forward at the hips.

**Finish:** Quickly pivot feet, rotate body outward and shuffle feet laterally to corner cone. Touch cone with hand of lead arm, plant outside foot, push off, rotate body inward and return to middle cone. Repeat continuous side to side pivot shuffle run touching all 4 corner cones.

# SPRI CONES

## FORWARD WEAVE (6 CONES)



**Start:** Stand behind end cone, position feet hip-width apart with one foot slightly in front of the other in a ready-stance with arms bent and positioned along sides of body.

**Finish:** Quickly run forward in between the cones with continuous side-to-side plant and push change of direction while staying close to the sides of the cones. Quickly run around end cone and repeat in opposite direction.

## SIDE WEAVE (6 CONES)



**Start:** Stand alongside end cone, position feet shoulder-width apart with knees slightly bent and arms bent along sides of body.

**Finish:** Quickly shuffle feet laterally while rotating body inward and outward in between the cones with a continuous side-to-side plant and push change of direction while staying close to the sides of the cones. Quickly shuffle around end cone and repeat in opposite direction.

## FRONT HOPS (6 CONES)



**Start:** Stand behind end cone, position feet hip-width apart with legs bent and hinge slightly forward at the hips with arms bent along sides of body.

**Finish:** Hop forward over cones on balls of feet in between each cone with forward/backward bent arm swings. Hop and turn at end cone and repeat in opposite direction.