

Hurdle Agility (Arms & Hip Flexors) Exercises

****Visit <https://www.youtube.com/watch?v=hFmwg31Kiw0> to see the full live-action tutorial**

1. Leaners (while sitting)

****Do 10 reps and then alternate lead leg and repeat****

- Sit with lead leg out in front of you and trail leg off to the side, flat, with foot flat, pointing away. Have arm opposite of lead leg at about 45 degrees with hand tight to hip. Have arm opposite of trail leg at about or less than 45 degrees, with finger tips facing up



- Driving lead forearm (opposite of lead leg) forward while crunching without crossing center (look at your watch)
 - Tight trail elbow driven up with hand tight to hip



- After crunching forward, quickly snap back while moving arms into original position. **REPEAT.**



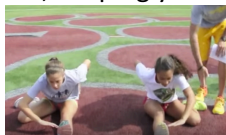
2. Trail Leg Rip-Throughs (while sitting)

****Do 10 reps and then alternate lead leg and repeat****

- Sit the same as you did for “leaners”, but with trail foot flat on ground in front of you.



- As you lean/crunch forward, your trail foot moves back while you drive your lead forearm forward and your trail elbow back, keeping your hand tight to hip.



- As you snap back, rip your lead hand around your trail knee to your hip, as you bring your trail knee up in front of you. Your trail hand should punch up to the cheek. **REPEAT.**

