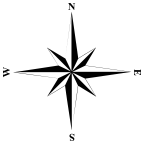




# STRATEGIC BOOTCAMP COURSE DESIGN



## COORDINATION AND AGILITY MAP



# Coordination and Agility Bootcamp Course Design

## Introduction

Welcome to the Coordination and Agility Bootcamp Course Design, your ultimate guide to mastering movement and control. This course is designed to enhance your ability to swiftly and effectively change the position and direction of your body. Whether you're an athlete looking to improve performance or simply aiming to boost your overall fitness, this boot camp will equip you with the tools to move with confidence and precision.

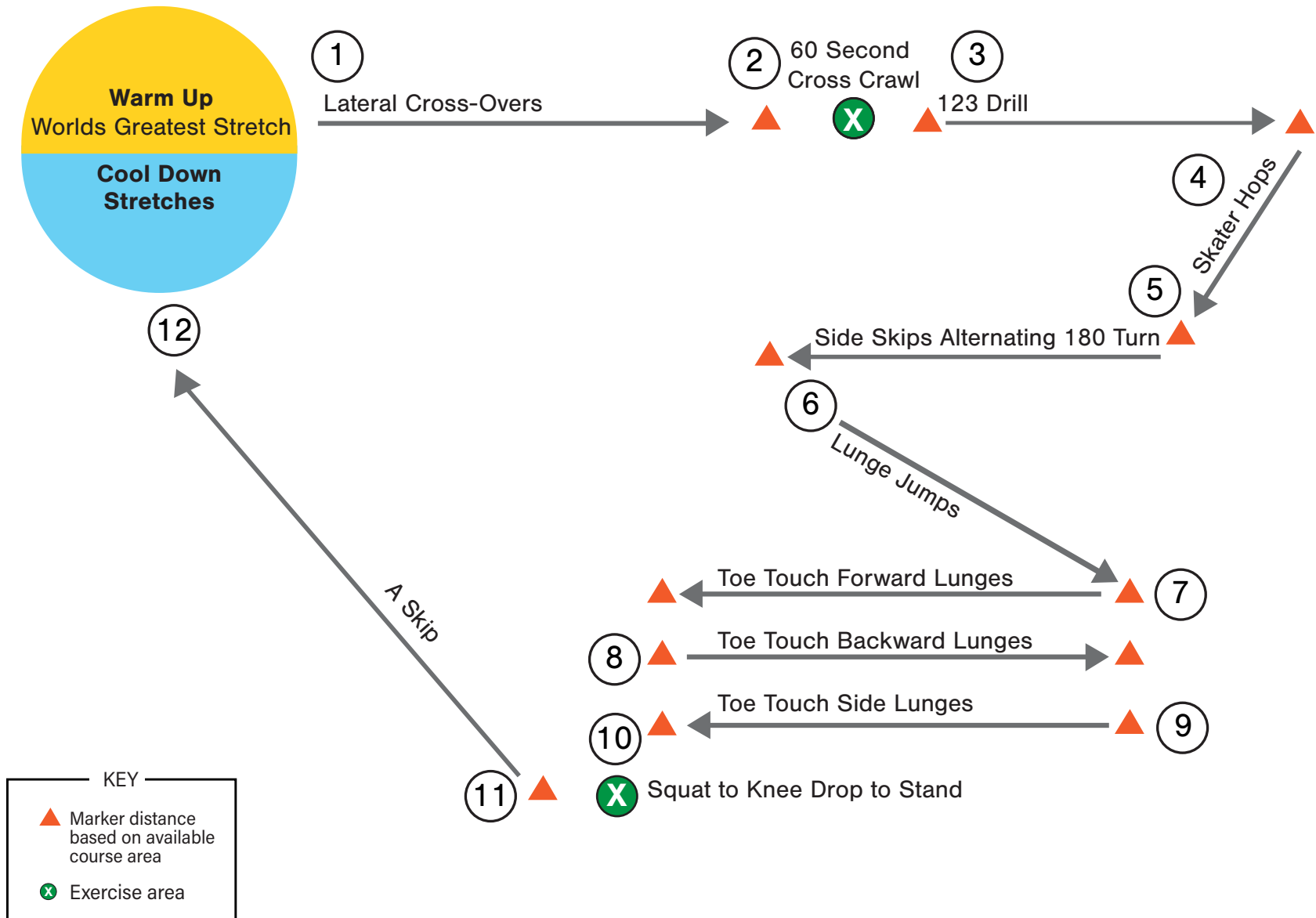
## What to Expect

In this course, you'll engage in exercises specifically tailored to improve coordination, agility, and reaction time. The exercises are designed to challenge your body in dynamic ways, pushing you to new levels of physical control. Each exercise sign includes detailed instructions, a visual guide, and an inspiring quote to keep you motivated.

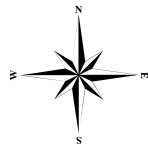
Prepare to move, think, and react faster. This course is your first step toward enhanced athletic performance and injury prevention.

**Important:** If you have any medical conditions or injuries, consult with a healthcare professional before participating in the workout.

# Coordination and Agility



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# Worlds Greatest Stretch

To touch success, stretch yourself to the edge of your capacity.

## Begin from a high-plank position

Step your right foot to the side of your right hand.

Press your left hand into the ground and bring your right hand overhead.

Twist your body to the right side, and bring your gaze to the lifted fingertips.

Reverse the movement, and repeat on the opposite side. Continue for 30 seconds.

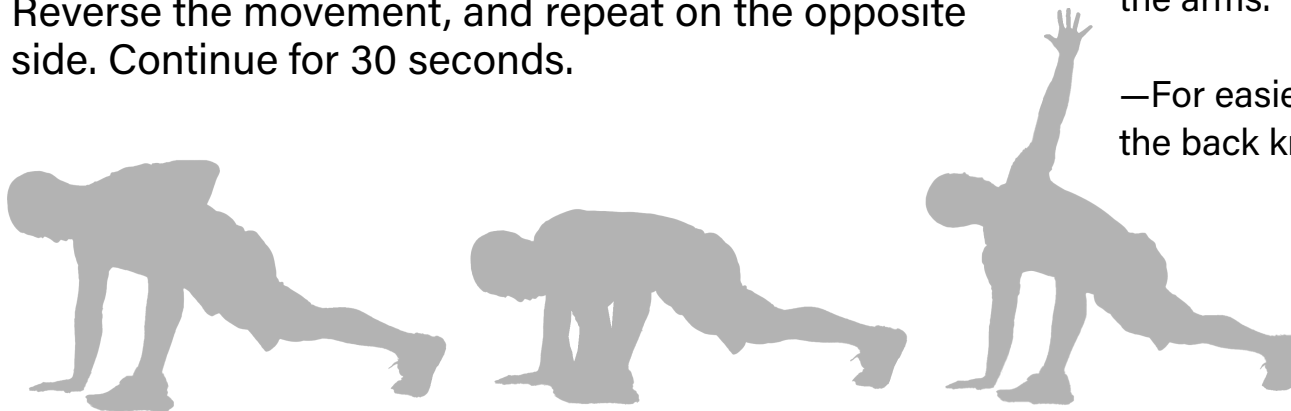
## Tips & Modifications

—Lift your chest to deepen the twist.

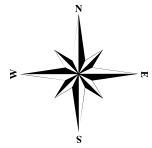
—Engage the back leg, pressing the back foot firmly.

—Spread fingertips to activate the arms.

—For easier variation, drop to the back knee.



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# 60 Second Cross Crawl

Your nervous system can't tell real failure from imagined failure.

## To Maximize the Benefits Perform Slowly

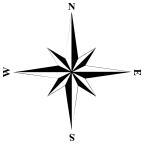
1. Start with feet hip width apart , hands up at your side
2. Lift your right knee and touch it with your left hand or elbow
3. Bring your hands back up.
4. Switch to do opposite side

## Benefits of Cross-Lateral Movements

- Stabilizes gait, building core strength
- Energizes body, calms mind, relieves stress
- Improves focus, reading, and writing skills
- Enhances whole-brain thinking
- Develops spatial and kinesthetic awareness
- Boosts self-awareness, insight, clarity, impulse control, and physical coordination.



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# Lateral Cross-Overs

Paths that cross will cross again.

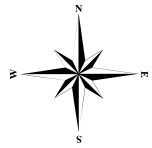
Mark your target distance.

Position yourself in an athletic position—a wide, stable base that allows you to move quickly in any direction.

Perform a rapid lateral crossover to the marker, then reverse back to your starting point.



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# 123 High Knee Drill

If you are persistent you will get it,  
if you are consistent you will keep it.

## Drill

Begin a quick three-beat knee drive. Pull the foot back under the hips with minimal knee bend at landing. As the swing leg drives forward, bring the foot toward the hip, allowing time for the knee to extend before striking the ground.

## Tip

The focus when sprinting should not be to drive the knees up into a more vertical position but instead ability to pull the foot back underneath

## Beginners

Do two quick knee lifts, pause and repeat or do walking lunges with a high knee drive.



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# Skater Hops

Try and fail but don't fail to try.

## Start Position

Stand with feet hip-width apart, knees bent, and arms at your sides.

## Hop

Push off your right foot, jumping to the left. Land on your left foot with the right foot behind, just off the ground.

## Swing Arms

Swing your arms for balance.

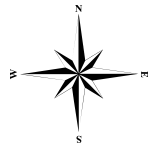
## Repeat

Jump to the right, landing on your right foot, and alternate sides.

This move enhances lateral agility, balance, and leg strength.



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# Side Skips with 180 Turn

Today I will do what others won't so tomorrow I can do what others can't.

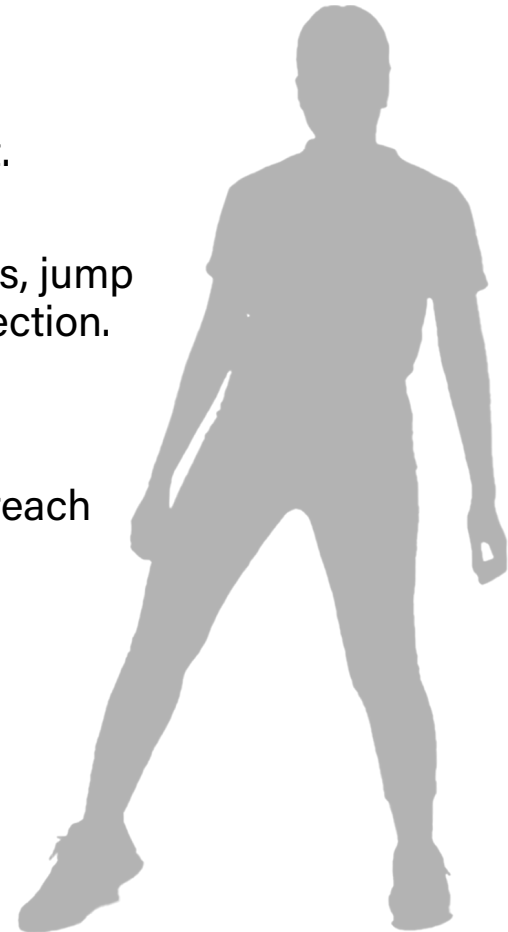
## Start Position

Stand with feet hip-width apart and knees slightly bent.

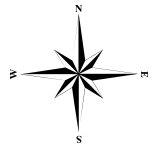
Start by skipping sideways to the right. After a few skips, jump and perform a 180-degree turn to face the opposite direction.

Land softly and skip to the left.

Repeat, alternating directions with each turn until you reach the marker.



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# Lunge Jumps

Today I will do what others won't so  
tomorrow I can do what others can't.

## Start Position

Start in a lunge position with one foot forward and the back knee hovering above the ground.

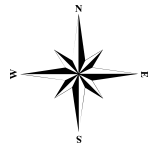
Explode upward, switching legs mid-air.

Land softly in a lunge position with the opposite leg forward.

Repeat, alternating legs with each jump.



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# Toe Touch Lunge Series

The best project you will ever work on is you.

## Setup

Repeat each lunge type between cones or markers at the desired distance in sequence.

## Forward Lunges

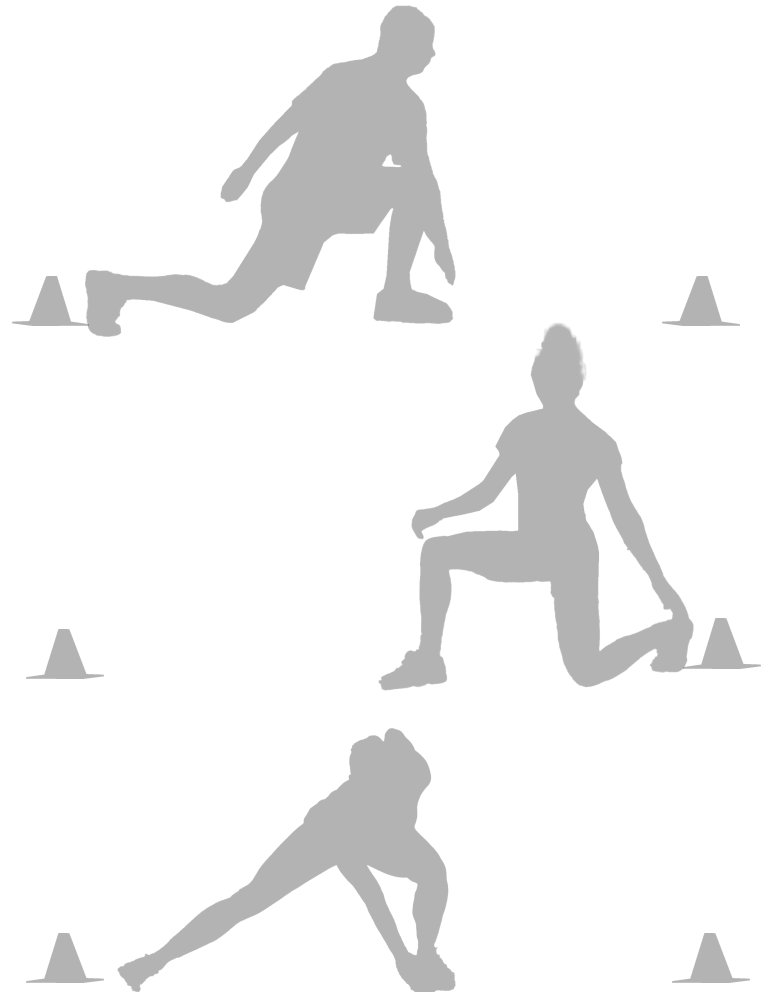
Step forward to a cone, touch your toes with the opposite hand, then return to start.

## Backward Lunges

Step backward to a cone, touch your toes with the opposite hand, then return to start.

## Side Lunges

Step sideways to a cone, touch your toes with the opposite hand, then return to start.



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# Squat to Knee Drop to Stand

Motivate the mind, and the body will follow

## Start Position

Stand with feet hip-width apart.

## Part One

Squat deeply with hands behind you. Drop one knee, then return to squat. Alternate sides with smooth transitions.



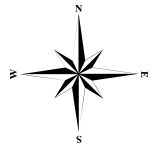
## Part Two:

From the squat, move arms forward, tighten your core, and push up to a one-legged stand using the opposite foot.



Focus on smooth transitions, rolling over the top of your foot as you drop your knee, and maintain awareness of hips, knees, and ankles throughout.

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# A Skip

Go the extra mile, it's never crowded.

## Start Position

Stand with feet hip-width apart, looking straight ahead with an upright posture.

Raise your left leg to hip height while skipping on the ball of your right foot.

Land on the ball of your left foot, then stand on both feet.

Alternate sides and move forward

## Tips

Maintain a straight posture; avoid leaning.

Focus on forward movement, not rotation.

Coordinate arms and legs in a steady rhythm.

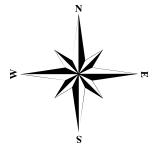
Emphasize quick leg movements with minimal ground contact.

Swing the opposite arm with each leg lift.



## Modification: High knee march

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# Unlock Your Full Potential with Personalized Coaching

Congratulations on completing your Strategic Bootcamp journey!

To help you take the next step, I'm offering an exclusive 20% discount on 1:1 coaching sessions, tailored to meet your unique needs.

Whether you're a seasoned pro looking to refine your technique or someone aiming to push past a plateau, these sessions provide the guidance and support you need to reach your goals.

Start by choosing a Complimentary Coaching Call

Discovery Call

Perfect for those who want a thorough assessment before diving into strategies.

Strategic Call

Ideal for those ready to take action with a focused, goal-oriented approach.

Ready to unlock your full potential?

[Click here to schedule your preferred coaching call.](#)

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