Dot Drill
Routines

See Diagram for all exercises
X Flips: same as X, accept you flip at each end so you are always going forward
Big X: same as X, accept you do not use the middle dot, jump back and forth between the front and back

**Option 1**
(1 to 1 rest between reps)
- X 3 x 15 sec.
- Triangle 2 x 15 sec. each way
- 4 Corner 2 x 15 sec. each way

**Option 2**
(1 to 1 rest between reps)
- X Flips 3 x 15 sec.
- Triangle 2 x 15 sec. each way
- Figure Eight 2 x 15 sec. each way

**Option 3**
(1 to 1 rest between reps)
- X 3 x 15 sec.
- 4 Corner 2 x 15 sec. each way
- Z 2 x 15 sec. each way

**Option 4**
(1 to 1 rest between reps)
- Triangle 2 x 15 sec. each way
- Figure Eight 2 x 15 sec. each way
- Z 2 x 15 sec. each way

**Option 5**
(1 to 1 rest between reps)
- Big X 3 x 15 sec.
- Figure Eight 2 x 15 sec. each way
- 4 Corner 2 x 15 sec. each way

**Option 6**
(1 to 1 rest between reps)
- Big X 3 x 15 sec.
- S.L. Triangle 2 x 15 sec. each way
- Z 2 x 15 sec. each way

**Option 7**
(1 to 1 rest between reps)
- X 3 x 15 sec.
- S.L. 4 Corner 2 x 15 sec. each way
- S.L. Z 2 x 15 sec. each way

**Option 8**
(1 to 1 rest between reps)
- X Flips 3 x 15 sec.
- Single Leg Triangle 1 x 15 sec. each leg/each way
- Single Leg 4 Corner 1 x 15 sec. each leg/each way
- Figure Eight 2 x 15 sec. each way

**Option 9**
(1 to 1 rest between reps)
- X Flips 3 x 15 sec.
- Triangle 2 x 15 sec. each way
- Single Leg Figure Eight 1 x 15 sec. each leg/each way
- Single Leg Z 1 x 15 sec. each leg/each way

**Option 10**
(1 to 1 rest between reps)
- Big X 3 x 15 sec.
- Triangle 2 x 15 sec. each way
- 4 Corner 2 x 15 sec. each way
- Z 2 x 15 sec. each way