Choose 3 and perform each of them 4 times (2 each direction) 1 to 1 rest ratio

RUN EACH WAY

SHUFFLE EACH WAY

Run on the outside, shuffle on the angles

Run on the outside, shuffle on the angles

Run towards the center cone, backpedal away from the center cone, shuffle on the outside

Run towards the center cone, backpedal away from the center cone, carioca on the outside

Run every direction

Place 4 tennis balls in the center. Run from the center to each outside cone, placing a ball on that cone, then return the balls to the center