Cones are placed 5yds apart. Start at the middle with feet straddling the cone. Sprint to the far right cone, then sprint to the far left cone, and finish by sprinting across the middle cone. When you change directions at the far cones your body should always face towards the cones and you should never pivot on your turns.

1.) Option 1  
   a. Sprint each direction
2.) Option 2  
   a. Shuffle each direction
3.) Option 3  
   a. Carioca Each Direction
4.) Option 4  
   a. Sprint segment 1  
   b. Shuffle segment 2  
   c. Sprint segment 3
5.) Option 5  
   a. Shuffle segment 1  
   b. Sprint segment 2  
   c. Shuffle segment 3
6.) Option 6  
   a. Sprint segment 1  
   b. Carioca segment 2  
   c. Sprint segment 3
7.) Option 7  
   a. Carioca segment 1  
   b. Sprint segment 2  
   c. Carioca segment 3
8.) Option 8  
   a. Vary between carioca, shuffle, and sprint