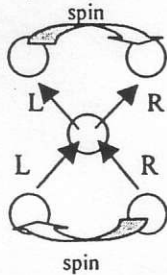


DOT DRILL PLYOROBIC MAT

Instructions:

To decrease risk of injury, place Dot Drill Plyorobic Mat on a firm, level surface. Be sure that the area surrounding the Dot Drill Mat is free of debris and obstacles. To clean Dot Drill Mat, wash with a mild soap and water and let air dry. Be sure surface and footwear is dry before using.

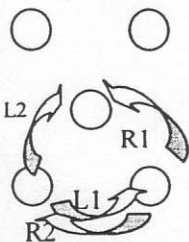
Sample Drills:



2 - 1 - 2 SPIN

Start with each foot on a dot then hop to center dot (use Left or Right) and then jump and land with each foot on a dot; spin 180 degrees; hop to center (use opposite foot); jump to and land with each foot on a dot.

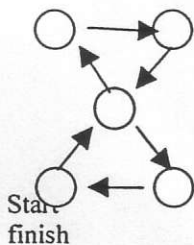
Repeat for desired number of repetitions or desired time.



HAMMER TIME

Start with each foot on a dot; jump with Right foot landing on center dot and Left foot on dot where Right foot was; jump and return to start position; jump with Left foot landing on center dot and Right foot on dot where Left foot was; jump and return to start position.

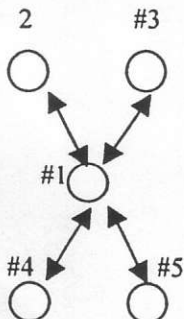
Repeat for desired number of repetitions or desired time.



SINGLE LEG HOP

Start by balancing on one foot; hop on same foot to each dot always facing the same direction so as to hop in a forward and retro direction. Repeat using opposite leg.

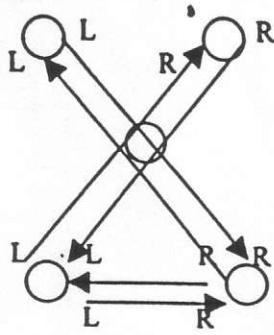
Repeat for desired number of repetitions or desired time.



DIAGONAL JUMP

Start on #1 and jump to #2 and back to #1; to #3; to #1; to #4; to #1; to #5; back to #1. Jump always facing the same direction.

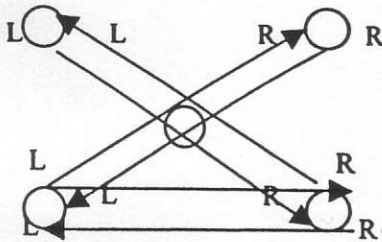
Repeat for desired number of repetitions or desired time.



DIAGONAL BOUNDING

Start on Right foot; bound diagonally to Left foot skipping center dot; Retro bound diagonally back to Right; Lateral bound to Left; Diagonally bound to Right; Retro bound to Left; and finally Lateral Bound to Right. Do all bounds facing same direction.

Repeat for desired number of repetitions or desired time



LATERAL DIAGONAL BOUND

Place Mat sideways (facing the longest side).

Start on Left foot; Laterally Diagonally bound to Right foot; Retro Laterally Diagonally bound back to Left foot. Lateral bound to Right foot; Laterally Diagonally bound to Left foot; Retro Laterally Bound back to Right foot. Lateral bound to Left foot.

Repeat for desired repetitions or desired time.

All Drills can be modified to use either one foot, two feet or a combination of both. These are just samples of drills , there are many more. The use of the *DOT DRILL PYROBIC MAT* is only limited by the imagination.

Generally 5 repetitions for 3 sets works well with dot drills.