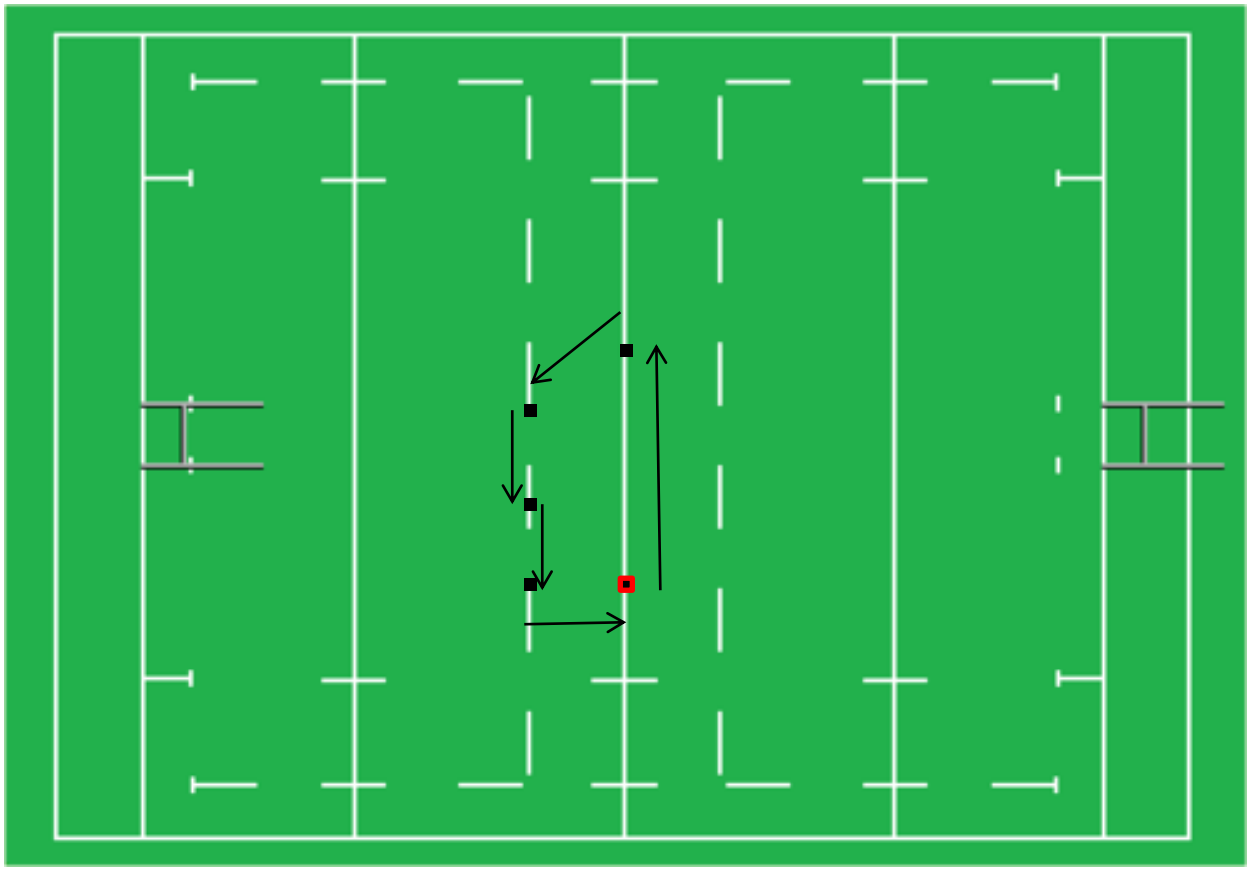

**Fitness Movement Drill Four:**

**Starting on the red maker**

- 20m forward sprint
- Pivot into the turn
- 10m forward diagonal sprint (forwards
- running) 5m side to side
- Switch side, 5m side to side
- Pivot at the turn
- 10m backwards run

Participants can start at different sections of the grid, so as to accommodate more people into the same drill

Duration Options:

- Continuous run for 40 seconds, continue to walk through the drill for the next 20
- seconds, x 6
  1 minute continuous run, 30 seconds walk, x 6