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**Cone Runs-Figure 8 (Agility)**

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- Set up two or more cones about 10-15 feet apart. Make sure the ground is even without any trip hazards
- Stand beside one cone to begin, facing so the distant cone is to the side of you
- Continuing to face front throughout the exercise, run sideways from the near side of one cone to the far side of the other, looping around the cones as a figure 8
- Keep your hips slightly bent, and staying light on your feet, try to move around the cones fairly briskly
- After running the figure 8 pattern for at least 30 seconds, reverse the direction you are running, still facing the same direction
- For more challenge, place other cones in the area and loop around them as well
  
- For the most benefit, do each direction 30 seconds to 2 minutes, trying to increase speed every 10-15 seconds

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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