

LADDER: CARIOCA

① MOVEMENT

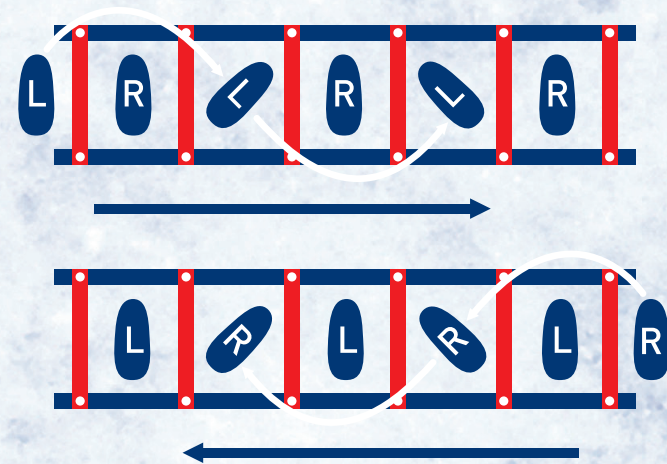
- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Moving laterally, cross the trail leg in front of the lead leg in the second square.
- Lead leg steps behind the trail leg back into the lead position, and the lead leg foot should be placed in the third square.
- Cross the trail leg behind the lead leg into the next square.
- Lead leg steps to the next square.
- Jog back to line.
- Face other direction and repeat.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.



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