

**T Runs (Agility)**

---



- Set up two cones about 20 feet apart. Place a third cone halfway between the two. Finally, place a fourth cone about 20 feet away from the middle cone, perpendicular to the line created by the other cones, creating a T shape. Make sure the ground is even without any trip hazards
- Stand beside one cone at one side to begin, facing so the line of cones is to the side of you
- Continuing to face front (the side with the extra cone) throughout the exercise, run sideways from the near side of one cone to the far side of the cones in the line of three
- Run sideways back to the center cone, then run forward to the cone at the bottom of the T, running backward while looking over your shoulder to the center cone
- Keep your hips slightly bent, and staying light on your feet, try to move around the cones fairly briskly
- Repeat the process, running sideways from cone to cone on the top of the T, then back and forth to the bottom cone
  
- For the most benefit, run the T at least 10-20 times, trying to increase your speed on each round

---

**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.

---