

Turn Drag Workout 8



Drill: Turn Drag

30 Reps Each Hand

Drill: Turn Drag Drop

20 Reps Each Hand

Drill: Turn Drag Same Foot / Same Hand Floater

Make 10-15 Each Way

Drill: Turn Drag Foot Replacement

Make 15 From Each Elbow

Drill: Turn Drag 3's

Make 30 Off Each Hand

Drill: Spot to Spot 3's

3 Times Through the Drill