

Romanian Drills

- 1. Butt Kicks**
- 2. Backward running**
- 3. Frog jumps**
- 4. Karoke**
- 5. Side Swing (1 side)**
- 6. Side Swing (2nd side)**
- 7. Skip High Knee**
- 8. Bounding**
- 9. Slow Motion Stride**
- 10. Fancy Dance**
- 11. Start Fancy Dance – Bounding-Form Sprint (3x)**