

# Multi-Directional Cooldown (MDC)

**Do the following for 20 meters:**

Backward Jog

Forward Skip

Backward Skip

Backward 360s

Jumping Jacks

Shuffles

**Do the following for 10 meters:**

Forward Single-Leg Hop

Backward Single-Leg Hop

Forward Double-Leg Hop

Backward Double-Leg Hop

Forward Crouched Walk

Backward Crouched Walk