**How to Make an Agility Ladder**

Items Needed:

* Two rolls of [duct tape](https://amzn.to/2AEQFGF" \t "_blank). I highly recommend[fun tape](https://amzn.to/2AEQFGF" \t "_blank)!!
* A pair of scissors.

 Both the duct tape and scissors are optional as you likely already have these.

**Step #1 Measure & Snip**

Most agility ladders are about 15 feet in length give or take with 17-inch “rungs” and 15 inches between those rungs. Since duct tape is pretty wide, I extended mine to 17 ft and had 19-inch rungs with 15 inches in between.

Take a piece of tape and measure 19 inches and then snip snip and tape it down. You’re already on your way!

**Step #2 Repeat!**

Now measure 15 inches from that 19-inch piece and start creating square sections until you reach your desired length.

  Mine was 10 squares in total, but yours could vary. Agility is something that so many people forget about in their routines.

