

Training #4 Checklist

(450 Touches Minimum in 15-20 Minutes)



- Complete 100 "Toe Taps" in a row X1
- Complete 100 "Bells/Boxing" in a row X1
- Complete 5 Left to Right Toe Taps + 2 Ball Push-Ups (Equalling 10 Push-Ups) X2
- Complete 5 "Figure 8 Dribbling" with your Right foot + 5 "Figure 8 Dribbling" with your Left foot.
- Juggle the ball for 10 Minutes (Record your highest "In a row" record)

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