

Training #2 Checklist

(750 Touches Minimum in 15-20 Minutes)



- 20 Toe Taps + 5 Sole Rolls (Right & Left) X4
- 10 Consecutive Right-Right-Left Toe Taps X2
- 10 Consecutive Left-Left-Right Toe Taps X2
- 20 "L" Move + Outside/Outside (Right & Left) X2
- Complete 30 "Inside/Outside" right foot + "Inside/Outside" left foot
- 150 Juggles (Does NOT need to be consecutive)

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