

Training #3 Checklist

(650 Touches Minimum in 15-20 Minutes)



- Toe Taps through cones (Down & Back=1) X2
- Complete "Inside/Inside + Outside/Outside" with right & left foot (Down & Back=1) X2
- Complete "Roll/Tap/Tap" through the cones (Down & Back=1) X2
- Complete the "L" Move through the cones (Down & Back=1) X2
- Complete "Inside/Outside" right foot X2 + "Inside/Outside" left foot X2 (Down & Back=1)
- Complete "Touch Forward + Pullback + Inside/Outside" with your right foot X3 and left foot X3 (Down & Back=1)
- 120 Juggles (Does NOT need to be consecutive)

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