

Training #1 Checklist

(650 Touches Minimum in 15-20 Minutes)



- 50 Bells/Boxing in a row X2
- 50 Toe Taps in a row X2
- 30 Consecutive "L" Move X3
- 20 "Roll-Tap-Tap" in a row X4
- 30 Right footed "Inside/Outside" followed by 30 Left footed "Inside/Outside" X3
- 100 Juggles (Does NOT need to be consecutive)

www.LouiseArseneault.com

Louise@LouiseArseneault.com