

Workout #3

Juggling

You will need a regular size and small size ball for this program (2-minute recovery between activities).

- 8 minutes Coerver warm-up (moves, fakes & touches using all surfaces of both feet)
- 8 minutes of feet juggling (any feet, use laces). Can have 1 bounce between juggles.
- 8 minutes alternate feet juggling (right, left, right, left, etc), 1 touch each foot (Can have 1 bounce between juggles).
- 8 minutes Thigh juggling
- 8 minutes of using a size 1 ball or tennis ball – use any/all surfaces
- 8 minutes – round the world – right foot, right thigh, right shoulder, left shoulder, left thigh, left foot – can you do it.....

