

Count repetitions for each exercise

Exercise	1 <sup>st</sup> Round (R)	2 <sup>nd</sup> Round (R)	3 <sup>rd</sup> Round (L)	4 <sup>th</sup> Round (L)
Free juggle				
Low Juggles				
High Juggles				
Low, Low, Thigh				
Low, Low, Thigh, Thigh				