



1



**1 HAND TOSS
1 HAND CATCH**

**25
Times**

2



**RAINBOW TOSS
ACROSS BODY**

**25
Times**

3



**1 HAND TOSS
TOUCH OPPOSITE
SHOULDER
CATCH**

**20
Times**

4



**1 HAND TOSS
TOUCH OPPOSITE
FOOT
CATCH**

**20
Times**

5



**TOSS
TOUCH GROUND
CATCH**

**15
Times**

6



**TOSS
TURN AROUND
CATCH**

**12
Times**

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SUPER CHALLENGES

DAB

