

## Turns #2

Work	Sets	Reps
<b>Warm up</b>		
<u>Push Pull Inside</u>	2	30 sec / 30 sec
<u>Shuffles</u>	2	30 sec / 30 sec
<u>Shuffle Scissors</u>	2	30 sec / 30 sec
<u>Shuffle Roll Stepmover</u>	2	30 sec / 30 sec
<b>Turns</b>		
V-Pull Back Inside	2	1 min / 30 sec
V-Pull Back Across	2	1 min / 30 sec
3 Point Turn Outside to Inside	2	1 min / 30 sec
3 Point Turn Inside to Outside	2	1 min / 30 sec
<b>Juggling</b>		
Sitting Juggle	1	3 min
<b>Turns</b>		
Cruyff	2	1 min / 30 sec
<u>Stepover</u>	2	1 min / 30 sec
<u>Roll Stepmover</u>	2	1 min / 30 sec
<u>Fake Pass</u>	2	1 min / 30 sec

