

## With an opponent on your side



Work	Sets	Reps/Rest
<b>Warm Up</b>		
<a href="#">Rolls</a>	2	30 sec on, 30 sec rest
<a href="#">Shuffles</a>	2	30 sec on, 30 sec rest
<a href="#">Step Over</a>	2	30 sec on, 30 sec rest
<a href="#">Shuffle rolls</a>	2	30 sec on, 30 sec rest
<b>Moves</b>		
<a href="#">Ronaldo chop</a>	2	30 sec on, 30 sec rest
<a href="#">Roll Stepovery</a>	2	30 sec on, 30 sec rest
<a href="#">2x outside Lunge</a>	2	30 sec on, 30 sec rest
<a href="#">Fake kick Push</a>	2	30 sec on, 30 sec rest
<b>Juggling</b>		
Right Foot	1	1 min
Left Foot	1	1 min
Both Feet	1	1 min
Foot, Foot, Thigh, Thigh	1	1 min
Freestyle	1	1 min
<b>Moves</b>		
<a href="#">V Pull Backs Across</a>	2	30 sec on, 30 sec rest
<a href="#">Fake Kick Touches</a>	2	30 sec on, 30 sec rest
<a href="#">Outside Hook Turn</a>	2	30 sec on, 30 sec rest
<a href="#">Snake Outside/IN</a>	2	30 sec on, 30 sec rest