

PURPLE RAIN

For the week of: 5/12-5/19

Step Overs

1min 30 sec x4

Sole Role

1min 30 sec x4

Triangles

1min x4

Touch and Chop

1 min x3

Pullback Scissors

1min 20 sec x3

Juggling

LT foot only: 2 min

RT foot only: 2 min

Both feet: 2 min

Zigzag Dribbling

LT foot only: 2 min

RT foot only: 2 min

Both feet: 2 min

-Coach PK

Individual Training

For demo please follow:
Kassandra on Instagram
[@vega_idk_vegas](https://www.instagram.com/vega_idk_vegas)

