



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**

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