



**GROUP E**  
**WARM-UP**  
**COMPONENT**

# San Jose State University

## Summer Workout

### Juggling Warm-up

10 times - Keep the ball up in the air using any surface as long as you can

10 times - Keep the ball up in the air as long as you can using only your right foot

10 times - Keep the ball up in the air as long as you can using only your left foot

10 times - Keep the ball up in the air as long as you can using only your right thigh

10 times - Keep the ball up in the air as long as you can using only your left thigh

10 times - Keep the ball up in the air as long as you can using only your head

5 times - Keep the ball in the air as long as you can using only your right side

5 times - Keep the ball in the air as long as you can using only your left side

5 times - Keep the ball in the air as long as you can using only your feet

5 times - Keep the ball in the air as long as you can using only your feet with no spin on the ball

Christmas Tree - Right foot, Right thigh, Right shoulder, head, Left shoulder, Left thigh, Left foot

Any onther combinations you want to try!