

Table 1

Ten Second Challenge	Day 1 Score		Day 2 Score		Day 3 Score		Day 4 Score	
1. Side Steps								
2. Speed Bounce								
3. Balance & Twist								
4. Football Foot Taps								
5. Tennis Ball March								
6. Tennis Ball Foot Taps								
7. One Leg Bounce & Catch	Left:	Right:	Left:	Right:	Left:	Right:	Left:	Right:
8. One Leg Ball Bounce	Left:	Right:	Left:	Right:	Left:	Right:	Left:	Right:
9. Two Ball Bounce & Catch								
10. Two Ball Bounce								

Day 5 Score	
Left:	Right:
Left:	Right: