

## *LEVEL 10*

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	<i>From Ground</i>
<b>1. Laces walking 5 yards</b>	
<b>2. Head walking 5 yards</b>	
<b>3. Laces jogging 5 yards</b>	
<b>4. Head jogging 5 yards</b>	
<b>5. Laces walking 10 yards</b>	
<b>6. Head walking 10 yards</b>	
<b>7. Laces jogging 15 yards</b>	
<b>8. Head jogging 15 yards</b>	
<b>9. Laces jogging 15 yards, turn, come back to start. No drop.</b>	
<b>10. Head jogging 15 yards, turn, come back to start. No drop.</b>	
<b>11. Laces jogging 50 yards</b>	
<b>12. Head jogging 50 yards</b>	
<b>13. Laces jogging 50 yards turn, come back to start. No drop</b>	
<b>14. Head jogging 50 yards turn, come back to start. No drop</b>	
<b>15. Laces jogging 100 yards, turn come back to start. No drop</b>	
<b>16. Head jogging 100 yards, turn come back to start. No drop</b>	
<b>17. Set a new personal juggling record</b>	