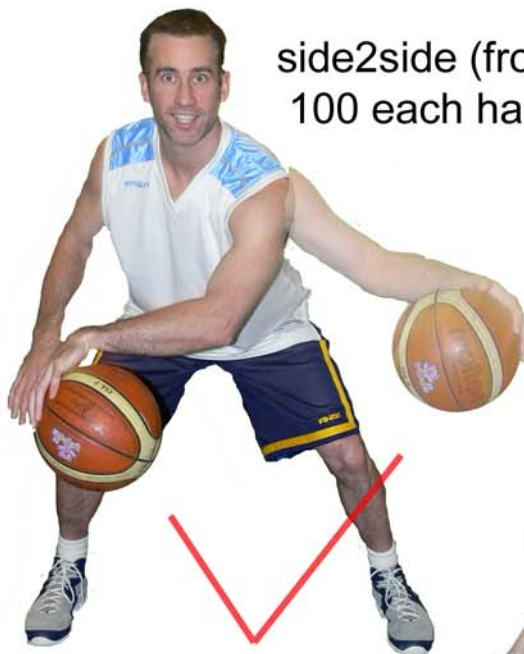


# 5 STAR WORKOUT

side2side (back)  
100



side2side (front)  
100 each hand



front2back  
100 each hand



scissor dribble  
alternate each foot forward  
while dribbling between legs  
100



figure-8  
dribble in & out of legs.  
Start with multiple dribbles  
progress to one dribble (100)