

Checklist Juggling

1. Get suitable equipment.

- 1.1. Balls for beginners should not be larger than the palm of your hand.
- 1.2. The weight should be right. (Tennis balls are too light and bounce, which is guaranteed to cause frustration).
- 1.3. Beanbags are ideal because they have the right weight as well as the right size and (!) they don't bounce away.
In the "Equipment" lesson you will find a link to beanbags. However, forget the instructions that are included there. You will learn to juggle faster in your online course.

2. Do a little warmup

- 2.1. Warm up joints and muscles and make them supple.

3. Check hand and body posture.

4. Have fun with the exercises!

