

# THE 14 BODY SURFACES FOR JUGGLING

1. Head
2. Shoulder
3. Shoulder
4. Chest
5. Thigh
6. Thigh
7. Heel
8. Heel
9. Outside of Foot
10. Outside of Foot
11. Inside of Foot
12. Inside of Foot
13. Laces of Foot
14. Laces of Foot

