



THE **LEAN** BERETS

AVENGERS OF HEALTH!

“SandBell FUNdamentals!”

By Ron Jones, MS, Historical Kinesiologist, Credentialed PE Teacher

1. “Figure-8” Partner Toss

- Single SandBell
- Double SandBells

2. “Tea Cup” Tai Chi Spiral Movements

- Single SandBell
- Double SandBells
- Traveling Tea Cups

3. “Soft Side Toss”

- Facing Same Way
- Alternating Stance

4. “Starfish”

- Walking
- Short Skip or Long Skip

5. “Figure-8 Solo Toss”

- Single SandBell

6. “Monkey in the Middle Figure-8 Toss”

- Double SandBells with 3 people