

The Workout

Just about all of the movements in this week are covered in the Head Movement Mp3, and it's the most well rounded workout you're going to get, so use it. For a little extra focus on today's techniques, here's what you can do:

Today's techniques:

- 30 Reps moving your head to the Left with your Jab
- 30 Reps moving your head to the Right with your Jab
- 30 Reps throwing Crosses with a Slip (if you're a righty, you throw a **Right** cross and slip your head to the Left)
- 20 Reps Slip - 5 - 2
- 20 Reps Slip - 5 - 2 - 3

Next... do the Mp3 again.

It's the most well rounded Head Movement workout you can do.