

The Workout

Warm up with 2 x 3 Minute Rounds of Jump Rope

If you don't have a jump rope, **order one** and just shadow box instead. You can also just **pretend** that you have one... but that might feel a little weird.

If you can't Jump Rope for 3 minutes, suffer and fail on every single jump until the time runs out in your round, having accidentally whipped yourself 80 times. Each time, give yourself 2 seconds and try again. It will become second nature soon enough, and your footwork will improve dramatically.

Next, we build the slips...

All of the following movements should be done **while moving around and shadow boxing lightly**. You should be dip slipping *spontaneously*.

Dip Slips Whilst Shadow-Boxing

(do *not* fall into a predictable pattern)

- **100 Dip Slips** (Orthodox Stance)

Rest 30 seconds

- **100 Dip Slips** (Southpaw... this is just to even out your thigh development)

Make sure you're comfortable "Dip Slipping" spontaneously. Try throwing a couple of punches and following with a dip slip during this shadowboxing.

30 seconds rest

Dip Slip Plyometrics (jumping into your Dip Slip)

Do **NOT** do these if your legs are sore.

1. **50 Dip Slip Plyometrics** (Orthodox Stance)
2. **50 Dip Slip Plyometrics** (Southpaw)

If it burns horribly after 25 reps, shadow box for ten second. Then go again.

90 seconds rest minimum

Penguin Slipping

*This bit is going to be very tiring... do it. Your sides will burn terribly.

Find a clock or download a ring-timer app...

- 60 Seconds **Penguin Slipping** Non-Stop. (step on every slip)
- 60 Seconds Light Shadow Boxing (while recovering)

30 Seconds Rest

- 60 Seconds **Tyson Slips** non-stop
- 60 Seconds Light Shadow Boxing (while recovering)

30 Seconds Rest

- 60 Seconds Jump Rope or Shadow Boxing
- 60 Seconds Working on the Slip that you have the MOST trouble executing.

Review

Straight Slips

1. **50 Straight Slips**, Head Moving To the **Left**, Stepping on your Left Foot
2. **50 Straight Slips**, Head Moving To the **Left**, Stepping on your Right Foot

Bang these out all at once. There's a video in here which explains what I'm asking for.

1. **50 Straight Slips**, Head Moving To the **Right**, Stepping On your Left Foot

2. **50 Straight Slips**, Head Moving To the **Right**, Stepping On your Right Foot Non-Stop.

U-Slips

If you're sore do them *lightly*.

1. **50 U-Slips** Back and Forth
2. **50 U-Slips** Back and Forth **Adding a Hook**

Rear Slips

1. **50 Rear Slips** Moving your head both to the Right *and* Left Alternating

The rear slips feel weird to people many times... just try to pull your head out of the way in one direction or the other and maintain your balance. You never know where you might need to move your head!

Slide Slips

- **20 Slide Slips** (Orthodox, Forward and Backward counts as ONE rep)
- **20 Slide Slips** (Southpaw Forward and Backward)