

The Workout

Start out with...

3 Minutes of Lateral Movement to the Left

Remain in your stance! One leg should be in the front, one in the back... but you will be 'shuffling' sideways in this position. Occasionally, throw in a blast step and/or a slide step so you get used to triggering these movements randomly.

3 Minutes of Lateral Movement to the Right

Your feet remain in the same stance. Again, throw in the occasional blast or slide step. You should be able to do 5 minutes of lateral movement easily after a few months.

Prepare to do some Slip Rope...

(you don't need to have a slip rope set up yet)

You can always use your imagination until your stuff is up, but that rope really helps to keep you **honest**. If you're getting under the rope, you're getting under any punch.

Facing the end of the rope...

60 seconds U-Slipping Side to Side Under the Rope

...at the end of the 60 seconds, pivot to *face* the rope.

60 seconds Slide Slipping Forward and Backwards Under the Rope

60 seconds shadow boxing lightly to catch your breath

Switch your Stance

(If you started with your left foot in front, bring your right foot into the front)

60 seconds U-Slipping Side to Side Under the Rope

...at the end of the 60 seconds, pivot to *face* the rope.

60 seconds Slide Slipping Forward and Backwards Under the Rope

60 seconds full rest

Facing the End of the Rope, Execute 3 minutes of slip rope, Side to Side

- For the first minute, execute a U-Slip with a Hook Underneath, on every U-Slip
- (Make sure you fire the hook on your second step)
- For the Second Minute, Complete the U-Slip and fire your hook after standing... (If you U-Slip to the *left* your **left** shoulder will be in the rear, and thus you will fire the **left** hook)
- For the Third Minute, you will fire a U-Slip Underneath AND After Standing
- (Moving to the right will yield a left hook to the body, and a right hook to the head.)

Execute another 3 Minute Round of Slip Rope, Side-to-side

Freestyle your movements. Sometimes you will simply slip, sometimes add a punch underneath, sometimes add a punch on the other side, sometimes add both. Feel free to add *multiple* punches after a slip.

Face the Rope...

Execute 2 Minutes of Slip Rope, front to back...

Add an uppercut (**6 Punch**) to your forward slip for the first minute.

Add an uppercut - hook (**6 - 3 Punch**) to your forward slip for the second minute.

60 Seconds Rest

Execute one final 3 Minute Round of Slip Rope

During this round, you will freestyle the whole thing. Sometimes slip side to side, randomly pivot to face the rope, slip front to back, add uppercuts, add hooks, add everything you can think to add.

Your legs will now have been completely crushed, but U-Slipping will have been **burned into your muscle memory**.

After another 1000 repetitions, you won't even have to think about it 😊