



Workout #1

- ___ Basic V (2 minutes left hand)
- ___ Basic V (2 minutes right hand)
- ___ V & Crossover (2 minutes)
- ___ Push Out Shammgod (2 minutes)
- ___ Roll Out Shammgod (2 minutes)
- ___ Reverse Between Legs V (2 minutes left hand)
- ___ Reverse Between Legs V (2 minutes right hand)

This workout takes 14 minutes.

To complete the #HandleGeekChallenge you'll need to do this workout every day for week 1.

There's 10 weeks in the challenge, and 10 workouts.

1 new workout every week.

Stick to your workouts, EVEN IF you don't master all the drills...

And you will see amazing changes in your ball handling ability. Promise.

Want feedback and help on your workouts from other players and coaches?

[Join the #HandleGeek Facebook Group](#)



