



## Workout #2

- \_\_\_ High Out, Low In V (2 minutes left hand)
- \_\_\_ High Out, Low In V (2 minutes right hand)
- \_\_\_ High In, Low Out V (2 minutes left hand)
- \_\_\_ High In, Low Out V (2 minutes right hand)
- \_\_\_ Inside Out Shammgod (2 minutes)
- \_\_\_ Behind Back Shammgod (2 minutes left hand)
- \_\_\_ Behind Back Shammgod (2 minutes right hand)
- \_\_\_ Between Legs Shammgod (2 minutes)

This workout takes 16 minutes.

To complete the #HandleGeekChallenge you'll need to do this workout every day for week 2.

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](#)



