



Workout #3

- ___ Between Legs V (2 minutes left hand)
- ___ Between Legs V (2 minutes right hand)
- ___ Between Legs V, Crossover (2 minutes)
- ___ V Between Legs Both Ways (2 minutes left hand)
- ___ V Between Legs Both Ways (2 minutes right hand)
- ___ Inside Out, Shammgod Between Legs (2 minutes)
- ___ Behind Back, Shammgod Between Legs (2 minutes left hand)
- ___ Behind Back, Shammgod Between Legs (2 minutes right hand)

This workout takes 16 minutes.

To complete the #HandleGeekChallenge you'll need to do this workout every day for week 3.

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](#)



