



Super Workout

Do each drill 10 times, each arm/leg

- Finger crossarm switches
- Back of finger ball squeeze switches (thumbs in)
- Under neck wrap air move
- Under leg chop series
 - Under opposite leg hold, chop opposite
 - Under same side leg hold, chop opposite
 - Regular hold under opposite leg chop
 - Regular hold under same side leg chop
- 1 hand pour circle wave
- 1 hand scoop circle wave
- Between legs swing handoff air claps
- Behind the back swing handoff air claps
- Bicycle kick handoffs
- Spiral handoffs (count how many - 30 seconds)
- Spiral handoffs (count how many - 30 seconds, other direction)
- Circle Step Backs (count how many - 30 seconds)
- Circle Step Backs (count how many - 30 seconds, other direction)

Do each workout 5 days a week for at least 1 week, until you've mastered it, then move to the next workout. If you're still trying to master a workout for 3 weeks, move to the next and you can revisit it

