# FBP - Week 3. Day #7.

Today is a bonus day… Look, if you followed the workouts to the letter this week, it should have been a tough week. If you're sore, take today off… but make sure you watch this video on how to appropriately rip two haymakers at your opponent (especially if he's against a wall or something).

Then, if you *want* to work out today, take ANY of the workouts from this week (pick your favorite) and add these two monstrous uppercuts to every combination in the workout.

That should get ya tired…

You're going to like this one… it's fun to throw.

Pick a workout to build on, and get started:

FBP - Week 3. Day #1.

FBP - Week 3. Day #2.

FBP - Week 3. Day #4.

FBP - Week 3. Day #6.