

# Week 2. Day 3.

Hopefully you took a day off after the first workout...

The first thing you need to do is watch this [Video on Tyson Slipping](#)... this video tells you a bunch of useful stuff about this particular movement.

Then, [watch this video](#) on how to build a fluid hook, necessary for punch follow through... (I pulled it from my YouTube channel).

Then... do this workout, which you can also download by [clicking here](#).

- 60 Seconds Tyson Slips - **Right Shoulder** In Front, **Left Foot** in Front (move around a bit between slips)
- 60 Seconds Tyson Slips - **Left Shoulder** In Front, **Right Foot** in Front

60 Seconds Rest (or stretch)

- 60 Seconds Double Tyson Slips (Head Moves **Left** then **Right**)
- 60 Seconds Double Tyson Slips (Head Moves **Right** then **Left**)

60 Seconds Rest

- 60 Seconds **Triple** Tyson Slips (Left, Right, Left)
- 60 Seconds **Triple** Tyson Slips (Right, Left, Right)

60 Seconds Rest

- 60 Seconds Tyson Slip (Right Shoulder in Front) into a **Left Hook**
- 60 Seconds Tyson Slip (Left Shoulder in Front) into a **Right Hook**
- 30 Seconds Picking a Random Tyson Slip into the Corresponding Hook (feel it out)

60 Seconds Rest

- 60 Seconds Double Tyson Slip (Right then Left Shoulder in Front) into a **Right Hook**
- 60 Seconds Double Tyson Slip (Left then Right Shoulder in Front) into a **Left Hook**
- 30 Seconds Random Double Tyson Slip into the Corresponding Hook

60 Seconds Rest

- 60 Seconds Triple Tyson Slip (Right, Left, Right Shoulder in Front) into a **Left Hook**
- 60 Seconds Triple Tyson Slip (Left, Right, then Left Shoulder in Front) into a **Right Hook**
- 30 Seconds Random Triple Tyson Slip into the Corresponding Hook

60 Seconds Rest

- 2 minute Round of Free-styled Numbers of Tyson Slips into Shovel Hooks

60 Seconds Rest

- 2 minute Round of Free-styled Numbers of Tyson Slips into Shovel Hooks