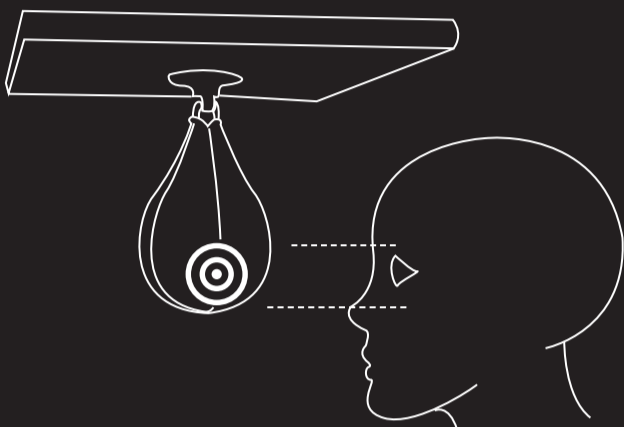




SPEEDBALL TIPS & TRICKS

WHAT HEIGHT?



The bottom part of the speed bag—the striking area—should be between nose and eye height. Hang the bracket at about forehead height. If you're too short to reach, use a sturdy step or wooden box.

WHERE SHOULD I BE?



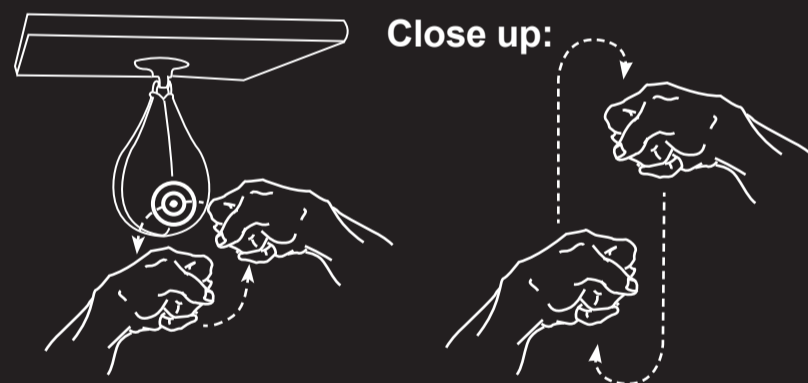
Keeping your hands close will allow you to hit the ball without having to race your hands to it. Try to remember that when one hand is hitting, the other hand should be waiting right under the ball. You should be square to the ball.

HOW TO HOLD YOUR HANDS:



Beginners who hit with their knuckles will quickly lose control so start with an open hand. Hitting with the fingers will help you slow down the pace and get use to the rhythm. Once you are confident with your rhythm start to use a closed hand.

HOW TO HIT THE BALL:



Your elbows should be up and your hands should travel in small circles when you hit the speedball. You're not swinging your fists back and forth. Practice making small circles in the air to get use to the motion before trying it on the speed ball.

SIMPLE EXERCISES

The best rhythm for beginners is to go right-right-left-left. This means hitting twice with your right hand, then twice with your left hand, and repeat. On the first hit, you use the front of your fist. On the second hit, you use the bottom of your fist. It should feel like a natural setup for when you switch to the other hand.

* Some trainers will recommend going 3 times for each hand. It's up to you.

ADVANCED EXERCISES

How about a workout?

Try this:

6 x 3 minute rounds

1 minute rest between each round

For more visit;
jimbradley.com.au/collections/jim-bradley-fitness-program