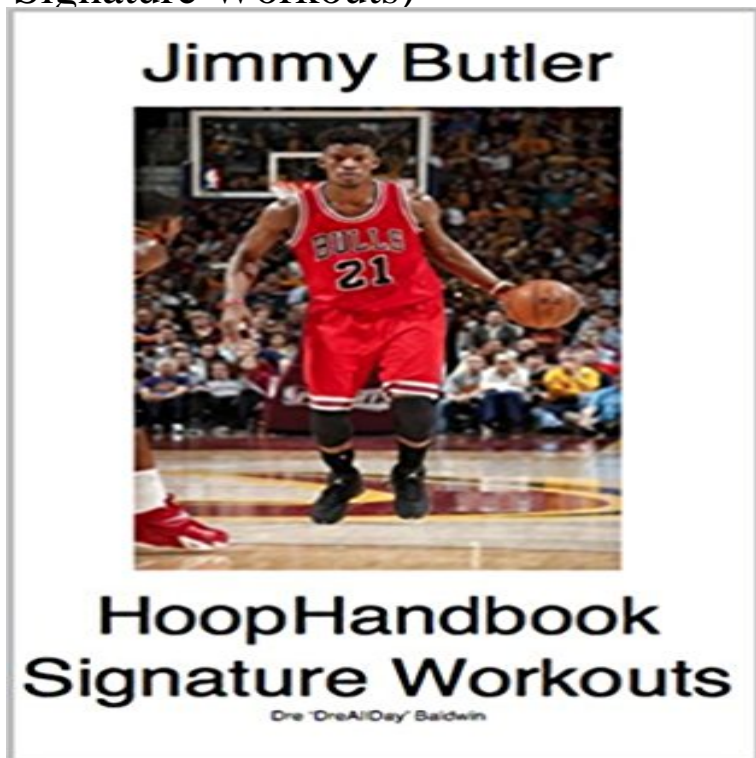


# Jimmy Butler Signature Workout Program (Hoop Handbook NBA Signature Workouts)



Jimmy Butler just made sure he was always ready. Drafted at the back end of the first round by the Chicago Bulls, Jimmy spends his offseason doing nothing but training. No TV, no internet, no phone. Just a trainer and a gym and the 24 hours he has in his day. And the hard work has paid off. Jimmy stepped up big when Derrick Rose was either injured or working his way back from injury, scoring over 20 points per game and making his first NBA All-Star game. Jimmy has gone head-to-head with LeBron James many times and done more than held his own in each battle. On a team with 3 or 4 other All-Stars, Jimmy Butler has been the best player on the floor for the Bulls in many games. Can you be that guy? Of course you can. This Jimmy Butler Signature Workout Program covers some of Jimmys best skills, including: Using Your Body & Strength To Score In The Post One-Dribble Shooting Moves Scoring Off Of Cuts And Passes Off The Ball Catch And Shoot Outside Scoring Using Jab Step And Footwork To Create Space \*Always Remember: When you get into your games, you wont need to have memorized anything from this program. The workouts are designed for you to absorb them into your muscle memory -- all of this Hoop Handbook becomes part of your games makeup through repetition. You will be using this stuff in ways you wont ever need to plan again. This requires two things from you. 1) That you commit to putting in the work -- as much as you need, which you need to decide -- to make your skills automatic, in that you end up doing moves without premeditation. 2) That, when game time comes, you stop thinking so much. The physical work has been done. Get into your Mental Zone -- whatever that is and however you need to get into it -- and let instinct take over.

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are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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