

Joe Johnson Signature Workout Program (HoopHandbook Signature Workout Programs)



The NBA Signature Workouts are detailed, step-by-step 30-day self-training programs created in the mold of the abilities of your favorite NBA players. They include program overviews, mental visions, also detailed textual and video demonstration of each drill and skill. designed by YouTube star (and creator of putting basketball workouts/drills/skills online) Dre DreAllDay Baldwin.

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