

TRIPLE MAX CHECKLIST

Make sure to take your time and check off each reference point as you go. This is really important for creating and embedding the proper brain maps.

- Are you making sure to toss first?
- Is the left hand touching the leg as you toss, are you keeping your legs straight (or almost straight) until you begin hitting the wall?
- Are you turning the upper torso?
- Are you reaching the “L” position with the wrist above the Upper arm?
- Are your knees going forward as you bend instead of squatting?
- Are you reaching your maximum knee bend at the same time you're hitting the wall simultaneously?
- The turn and lift “up the back fence” to the “L” is very important