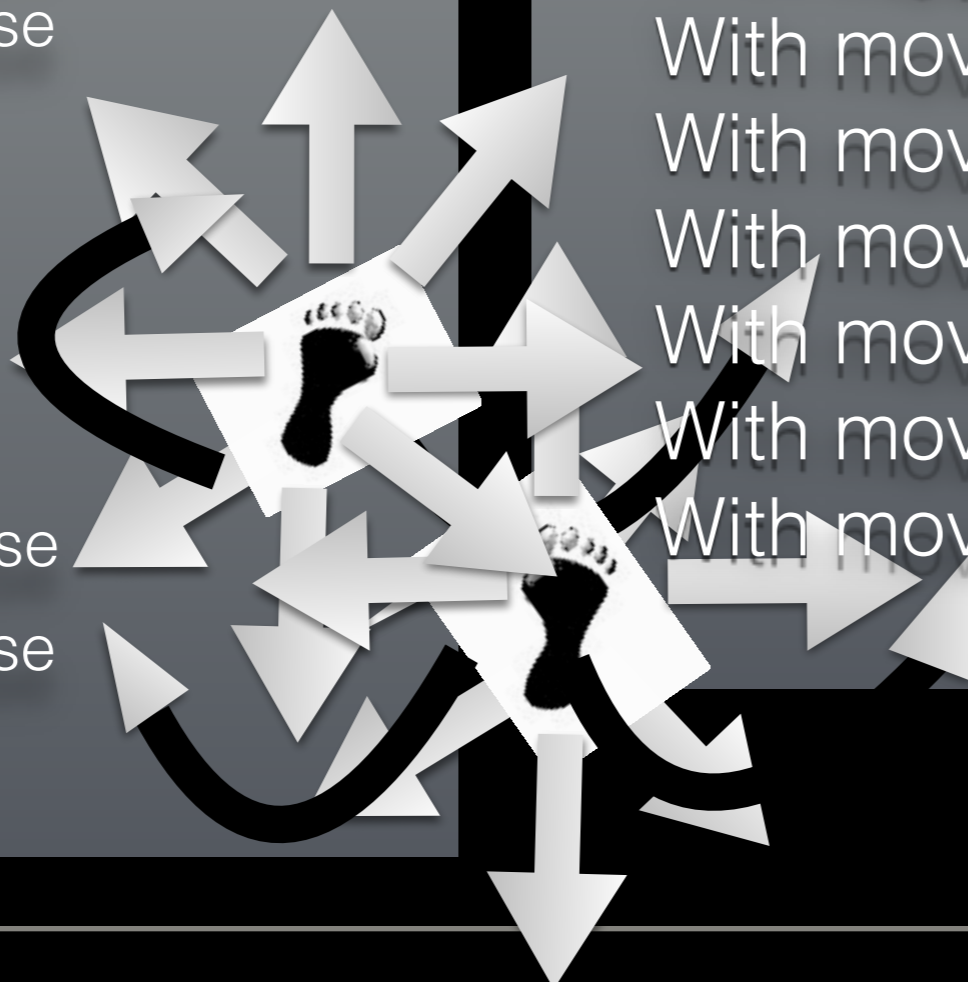


J = Jab = Left Straight  
C = Cross = Right Straight  
LH = Lead Hook  
RH = Rear Hook  
LU = Lead Uppercut = Shovel Hook  
RU = Rear Uppercut = Shovel Hook  
LF = Lead Front Kick  
RF = Rear Front Kick  
LR = Lead RoundHouse  
RR = Rear RoundHouse  
LE = Lead Elbow  
RE = Elbow  
LK = Lead Knee  
RK = Rear Knee  
LR = Lead RoundHouse  
RR = Rear RoundHouse

Stationary — Jab  
Stationary — Cross  
Stationary — Hook  
Stationary — Uppercut  
Stationary — Horizontal Elbow  
Stationary — Front/Rear Knee  
Stationary — Front Kick  
Stationary — Roundhouse  
With movement — Jab/Cross  
With movement — Hook  
With movement — Uppercut  
With movement — Horizontal Elbow  
With movement — Front/Rear Knee  
With movement — Front kick  
With movement — Roundhouse



5:00

# WARM UP

HIGH KNEES  
BUTT KICKERS  
SKI SWITCHES  
HIGH STEPS  
SIDE STEP  
(SKIPPING ROPE)

REPEAT

5:00

# LIGHT STRETCHES

Toe Touches

Wide Stance Toe Touches

Push Up Position

Up Dog

Down Dog

Childs pose

Catchers Stretch

Bend over Flat Back

Reach To The Sky

Arm Circles (Reverse)

Wrist Rolls

Neck Circles

Twist

REPEAT

5:00

**SHADOW STRIKING**

**JAB**

**CROSS**

**HOOKS**

**UPPERCUTS**

**PUSH KICKS**

**PUSH ROUND HOUSES**

**(KNEES, ELBOWS, PUSH SIDE KICKS)**

REPEAT

5:00

J.....C.....JC.....J.....C.....JC...J.....C...JC

JJ.....JC.....JJC.....JJJ.....JJC.....JJJC...CJ

.....C...JC...JJJC...C..JCCJ...JJJJ.CCC

J.....C.....JC.....J.....C.....JC...

CJJ.....CJC.....JJC.....JJCJ.....JCJC.....JJJC...CJ

.....C...JC...JJCJC.....J.....J.....

C..JCCJ...JJCJJ.CCC .....J

JCJ.....C.....C.....JC.....JCJC

HIGH KNEE, BUTT KICKERS, SKI SWITCHES

**Jab Cross Pump Out 30 seconds**

**REPEAT**

5:00

J.....C.....JC.....J.....C.....JC...J.....C...JC

H<sub>L</sub>H<sub>R</sub>.....H<sub>L</sub>H<sub>R</sub>.....H<sub>L</sub>H<sub>R</sub>.....H<sub>L</sub>H<sub>R</sub>.....H<sub>L</sub>H<sub>R</sub>.....

J<sub>L</sub>H<sub>R</sub>H.....C<sub>L</sub>H<sub>R</sub>H.....JC<sub>L</sub>H<sub>R</sub>H.....J<sub>L</sub>H<sub>R</sub>H.....C<sub>L</sub>H<sub>R</sub>H.....JC<sub>L</sub>H<sub>R</sub>H...

J<sub>L</sub>H<sub>R</sub>H.....C<sub>L</sub>H<sub>R</sub>H.....JC<sub>L</sub>H<sub>R</sub>H.....J<sub>L</sub>H<sub>R</sub>H.....C<sub>L</sub>H<sub>R</sub>H.....JC<sub>L</sub>H<sub>R</sub>H...

U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..

H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..H<sub>L</sub>R<sub>R</sub>U<sub>L</sub>..H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..H<sub>L</sub>R<sub>R</sub>U<sub>L</sub>..H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..H<sub>L</sub>R<sub>R</sub>U<sub>L</sub>..H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..

JC<sub>L</sub>U<sub>R</sub>H..JC<sub>R</sub>U<sub>L</sub>H..JC<sub>L</sub>U<sub>R</sub>H..JC<sub>R</sub>U<sub>L</sub>H.....

H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..H<sub>L</sub>R<sub>R</sub>U<sub>L</sub>..H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..H<sub>L</sub>R<sub>R</sub>U<sub>L</sub>..H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..H<sub>L</sub>R<sub>R</sub>U<sub>L</sub>..H<sub>R</sub>L<sub>L</sub>U<sub>R</sub>..

JC<sub>L</sub>U<sub>R</sub>H..JC<sub>R</sub>U<sub>L</sub>H..JC<sub>L</sub>U<sub>R</sub>H..JC<sub>R</sub>U<sub>L</sub>H.....

HIGH KNEE, BUTT KICKERS, SKI SWITCHES

REPEAT

5:00

L H R H ..... L H R H ..... L H R H ..... L H R H ..... L H R H .....

J<sub>L</sub> H<sub>R</sub> H ..... C<sub>L</sub> H<sub>R</sub> H ..... J<sub>L</sub> C<sub>L</sub> H<sub>R</sub> H ..... J<sub>L</sub> H<sub>R</sub> H ..... C<sub>L</sub> H<sub>R</sub> H

..... J<sub>L</sub> C<sub>L</sub> H<sub>R</sub> H .....

J<sub>L</sub> H<sub>R</sub> H ..... C<sub>L</sub> H<sub>R</sub> H ..... J<sub>L</sub> C<sub>L</sub> H<sub>R</sub> H ..... J<sub>L</sub> H<sub>R</sub> H ..... C<sub>L</sub> H<sub>R</sub> H .....

C<sub>L</sub> J<sub>L</sub> H<sub>R</sub> J<sub>R</sub> H ..... J<sub>L</sub> C<sub>L</sub> H<sub>R</sub> ..... J<sub>R</sub> C<sub>R</sub> H<sub>L</sub> ..... J<sub>L</sub> C<sub>L</sub> H<sub>R</sub> ..... J<sub>R</sub> C<sub>R</sub> H<sub>L</sub> .....

J<sub>L</sub> C<sub>L</sub> ..... J<sub>L</sub> C<sub>L</sub> ..... J<sub>L</sub> C<sub>L</sub> ..... J<sub>L</sub> C<sub>L</sub>

J<sub>L</sub> H<sub>R</sub> H ..... C<sub>L</sub> H<sub>R</sub> H ..... J<sub>L</sub> C<sub>L</sub> H<sub>R</sub> H ..... J<sub>L</sub> H<sub>R</sub> H ..... C<sub>L</sub> H<sub>R</sub> H .....

J<sub>L</sub> J<sub>L</sub> H ..... J<sub>R</sub> C<sub>R</sub> H ..... J<sub>L</sub> J<sub>L</sub> C<sub>R</sub> H ..... J<sub>L</sub> H<sub>R</sub> J<sub>L</sub> J<sub>L</sub> ..... J<sub>R</sub> J<sub>R</sub> H<sub>L</sub> C<sub>R</sub> ..... J<sub>L</sub> J<sub>L</sub> J<sub>L</sub> C<sub>R</sub> ... C<sub>L</sub> J

..... C<sub>R</sub> H<sub>L</sub> ... J<sub>L</sub> C<sub>L</sub> ... J<sub>L</sub> J<sub>L</sub> J<sub>L</sub> C<sub>R</sub> ... C<sub>L</sub> .. J<sub>R</sub> C<sub>R</sub> H<sub>L</sub> C<sub>R</sub> J<sub>L</sub> ..... J<sub>R</sub> H<sub>L</sub> J<sub>L</sub> J<sub>L</sub> J<sub>L</sub> . C<sub>L</sub> C<sub>L</sub> C<sub>L</sub>

HIGH KNEE, BUTT KICKERS, SKI SWITCHES

**HOOK PUMP OUT 30 SEC**

REPEAT

5:00

U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..U<sub>L</sub>..U<sub>R</sub>..

H<sub>R</sub>U<sub>L</sub>..H<sub>L</sub>U<sub>R</sub>..H<sub>R</sub>U<sub>L</sub>..H<sub>L</sub>U<sub>R</sub>..H<sub>R</sub>U<sub>L</sub>..H<sub>L</sub>U<sub>R</sub>..H<sub>R</sub>U<sub>L</sub>..H<sub>L</sub>U<sub>R</sub>..

JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>..JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>..JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>..JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>

JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>R<sub>L</sub>..JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>R<sub>R</sub>..JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>R<sub>L</sub>..JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>R<sub>R</sub>

JC SLIP SLIP<sub>L</sub>H<sub>R</sub>H.....JC SLIP SLIP<sub>L</sub>H<sub>R</sub>H...

SLIP<sub>L</sub>H SLIP<sub>R</sub>H.....SLIP<sub>L</sub>H SLIP<sub>R</sub>H.....

F<sub>L</sub>R.....F<sub>R</sub>L...F<sub>L</sub>R.....F<sub>R</sub>L...

JC<sub>L</sub>F<sub>R</sub>R.....JC<sub>R</sub>F<sub>L</sub>R...JC<sub>L</sub>F<sub>R</sub>R.....JC<sub>R</sub>F<sub>L</sub>R...

JC<sub>L</sub>F<sub>R</sub>R(P).....JC<sub>R</sub>F<sub>L</sub>R(P)...JC<sub>L</sub>F<sub>R</sub>R(P).....JC<sub>R</sub>F<sub>L</sub>R(P)...

H<sub>R</sub>U<sub>L</sub>..H<sub>L</sub>U<sub>R</sub>..H<sub>R</sub>U<sub>L</sub>..H<sub>L</sub>U<sub>R</sub>...

JC SLIP SLIP<sub>L</sub>H<sub>R</sub>H.....JC SLIP SLIP<sub>L</sub>H<sub>R</sub>H...

SLIP<sub>L</sub>H SLIP<sub>R</sub>H.....SLIP<sub>L</sub>H SLIP<sub>R</sub>H.....

HIGH KNEE, BUTT KICKERS, SKI SWITCHES

REPEAT



5:00

<sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U..

<sub>R</sub>H <sub>L</sub>U.. <sub>L</sub>H <sub>R</sub>U.. <sub>R</sub>H <sub>L</sub>U.. <sub>L</sub>H <sub>R</sub>U.. <sub>R</sub>H <sub>L</sub>U.. <sub>L</sub>H <sub>R</sub>U.. <sub>R</sub>H <sub>L</sub>U

J.....C.....JC.....J.....C.....JC...J.....C....JC

<sub>L</sub>H <sub>R</sub>H..... <sub>L</sub>H <sub>R</sub>H..... <sub>L</sub>H <sub>R</sub>H..... <sub>L</sub>H <sub>R</sub>H..... <sub>L</sub>H <sub>R</sub>H.....

<sub>L</sub>J <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>C <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>J <sub>R</sub>C <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>J <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>C <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>J <sub>R</sub>C <sub>R</sub>H <sub>R</sub>H.....

<sub>L</sub>J <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>C <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>J <sub>R</sub>C <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>J <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>C <sub>R</sub>H <sub>R</sub>H..... <sub>L</sub>J <sub>R</sub>C <sub>R</sub>H <sub>R</sub>H.....

<sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U.. <sub>L</sub>U.. <sub>R</sub>U..

<sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H.. <sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H.. <sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H.. <sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H

<sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H.. <sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H.. <sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H.. <sub>L</sub>J <sub>R</sub>C <sub>R</sub>U <sub>R</sub>H

HIGH KNEE, BUTT KICKERS, SKI SWITCHES

UPPERCUT PUMP OUT 30 SEC

REPEAT

5:00

R...R...R...R...R...R...R...R...  
L...R...L...R...L...R...L...R...

R...R...R...R...R...R...R...R...  
L...R...L...R...L...R...L...R...

JC<sub>L</sub>R...JC<sub>R</sub>R...JC<sub>R</sub>L...JC<sub>R</sub>R...JC<sub>L</sub>L...JC<sub>R</sub>R...JC<sub>L</sub>R

JC<sub>L</sub>R...JC<sub>L</sub>R...JC<sub>L</sub>R...JC<sub>R</sub>R...JC<sub>L</sub>R...JC<sub>R</sub>R...JC<sub>R</sub>L

JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>R.. JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>R.. JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>R.. JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>R

JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>R.. JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>R.. JC<sub>L</sub>U<sub>R</sub>H<sub>L</sub>R.. JC<sub>R</sub>U<sub>L</sub>H<sub>R</sub>R

HIGH KNEE, BUTT KICKERS, SKI SWITCHES

**UPPERCUT PUMP OUT 30 SEC**

REPEAT

5:00

L U .. R U .. L U .. R U .. L U .. R U .. L U .. R U .. L U .. R U ..

R H L U .. L H R U .. R H L U .. L H R U .. R H L U .. L H R U .. R H L U

JC L U R H .. JC R U L H .. JC L U R H .. JC R U L H .....

JC L F .....

JC L H L F .....

JC L H R F .....

L R ... R R .....

L R ... R R .....

JC L R ... JC R R .....

JC L R ... JC L F R R .....

JC L U R H L R .. JC R U L H R R ..

JC L U R H L R .. JC R U L H R R ..

HIGH KNEE, BUTT KICKERS, SKI SWITCHES

UPPERCUT PUMP OUT 30 SEC

REPEAT

5:00

JC pump out 50% power 50% speed 30 seconds

JC pump out 75% 30 seconds

JC pump out 100% 15 seconds

${}_{L}H_{R}H$  pump out 50% power 50% speed 30 seconds

${}_{L}H_{R}H$  pump out 75% 30 seconds

${}_{L}H_{R}H$  pump out 100% 15 seconds

${}_{L}U_{R}U$  pump out 50% power 50% speed 30 seconds

${}_{L}U_{R}U$  pump out 75% 30 seconds

${}_{L}U_{R}U$  pump out 100% 15 seconds

REPEAT

5:00

ROUNDHOUSE SQUAT ROUNDHOUSE

3 JABS 3 SKI SWITCHES

JC pump out 100% 15 seconds

FRONT KICK LUNGE FRONT KICK

UPPERCUT HOOK JAB 3 SWITCHES

<sub>L</sub>H <sub>R</sub>H pump out 100% 15 seconds

SIDE KICK SIDE SQUAT SIDE KICK

HOOK HIGH HOOK LOW HOOK MIDDLE 3 SWITCHES

<sub>L</sub>U <sub>R</sub>U pump out 100% 15 seconds

REPEAT

## BODY WEIGHT DRILLS

PUSH UPS 60 SEC

SQUATS 60 SEC

DIPS 60 SEC

LEG RAISES 60 SEC

BIKE CRUNCHES 60 SE

PLANK 60 SEC

UP DOG 30 SEC

DOWN DOG 30 SEC

REPEAT