

Jab Cross

30 seconds - Slow Pace
30 seconds - Medium Pace
30 seconds - Fast Pace

Butt Kickers

10 seconds - Wide
10 seconds - Narrow
10 seconds - Burnout

Hooks

30 seconds - Slow Pace
30 seconds - Medium Pace
30 seconds - Fast Pace

Ski Switches

10 seconds - Wide
10 seconds - Narrow
10 seconds - Burnout

Uppercuts

30 seconds - Slow Pace
30 seconds - Medium Pace
30 seconds - Fast Pace

Jumping Jacks

10 seconds - Wide
10 seconds - Narrow
10 seconds - Burnout

Front Kicks

30 seconds - Slow Pace
30 seconds - Medium Pace
30 seconds - Fast Pace

Mountain Climbers

10 seconds - Wide
10 seconds - Narrow
10 seconds - Burnout

Roundhouse

90 Seconds at the students pace.

High Knees

10 seconds - Wide
10 seconds - Narrow
10 seconds - Burnout

Jab Cross Front Kick

30 seconds - Medium Pace

30 seconds - Fast Pace

Squats

60 Seconds

Range based on students

Uppercut Uppercut Hook Hook

30 seconds - Medium Pace

30 seconds - Fast Pace

Push Ups

60 Seconds

Range based on students

Jab Cross Roundhouse

30 seconds - Medium Pace

30 seconds - Fast Pace

Slips

60 Seconds

Range based on students

Front Kick Jab Cross Roundhouse

30 seconds - Medium Pace

30 seconds - Fast Pace

Side to Side Lunges

60 Seconds

Range based on students

Jab Cross Pump Out

30 seconds - High
30 seconds - Middle
30 seconds - Low

Butt Kickers Squats

10 Butt Kickers
10 Squats
Cycle back and front for 90 seconds

Hook Hook Slip Slip

30 seconds - Medium Pace
30 seconds - Fast Pace

3 Jabs 3 Ski Switches

20 seconds - straight line
20 seconds - Low To High
20 seconds - High to Low

Slip Uppercut Hook

30 seconds - Medium Pace
30 seconds - Fast Pace

10 Knees 10 Jumping Jacks

90 Seconds

Front Kicks Squat

90 Seconds

10 Hooks 10 Mountain Climbers

90 Seconds

Roundhouse Squat

90 Seconds at the students
pace.

10 Uppercuts 10 High Knees

90 Seconds

**Jab
Cross
Front
Kick
Lunge**

90 Seconds

**Front
Kick
Squats
Roundhouse**

90 Seconds

**Jab Cross
Hook Hook
Uppercut
Uppercut**

90 Seconds

**8 Knees
4 Push
Ups**

90 Seconds

**Jab Cross
Jab Cross
Roundhouse**

90 Seconds

**Jab
Cross
Slip
Uppercut
Hook**

60 Seconds

Range based on students

**Front Kick
Jab Cross
Roundhouse
Squat/Thrust**

90 Seconds

**30
Punches
10 Side
to Side
Lunges**

60 Seconds

Range based on students