

TOTAL BODY BOUT

Total Body: Burpees – 10 reps

Press: Push-ups – 10 reps

Uni-Lateral: Reverse Lunges – 20 reps

Creature Crawl: Tiger Crawls – 20 steps



1-1-1 - Roots



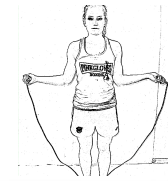
FOOTWORK BOUT

Speed Ladder:

:One foot in each hurdle running

:2 feet in each hurdle

:Side Shuffle



PRIZE FIGHT

Trainer holds for two women at a time.

One woman tries the combo.

The other shadowboxes it. Then switch.

Round 1 – Form

Round 2 – Burnout



SHADOWBOXING BOUT

Jabs: 20 good jabs

1-2: 20 reps

1-2-3: 20 reps

1-2-3-4: 20 reps



BAGS BOUT

Heavy – Jabs: 20 good jabs

1-2: 20 reps

1-2-3: 20 reps

1-2-3-4: 20 reps

Speed – All Left: 1 minute (3-count)

All Right: 1 minute

L,R: 1 minute



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1-1-1 - Roots



Burpee Challenge!
Test your resolve and
do non-stop burpees
for the whole round!



Countdowns!
How many quality push-
ups can you do in 90
seconds?



TOTAL BODY BOUT

- Total Body:** Burpees – 10 reps
Press: Push-ups – 10 reps
Uni-Lateral: Reverse Lunges – 20 total reps
Creature Crawl: Tiger Crawls – 20 steps



Reverse it!
Challenge yourself to
crawl in reverse.



Form Reminder
Watch your knee
during lunges. Does it
stay straight?

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1-1-1 - Roots



Footwork Challenge!

Test your resolve and do non-stop side shuffle for the whole round!

Countdowns!

How many times can you side shuffle down and back in 90 seconds?

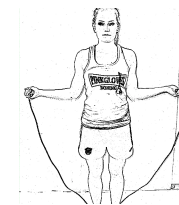
FOOTWORK BOUT

- Speed Ladder: One foot in each hurdle running
- : 2 feet in each hurdle
- : Side Shuffle



Reverse it!

Challenge yourself to do the speed ladder in reverse.



Form Reminder

Stay on the balls on your feet.

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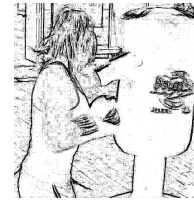
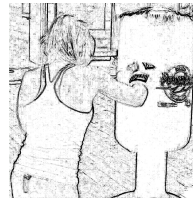
Challenge!

Test your resolve and do non-stop jabs for the whole round!

1-1-1 - Roots

Countdowns!

How many quality 1-2s can you do in 90 seconds?



BAGS BOUT

Heavy - Jabs: 20 good jabs

1-2: 20 reps

1-2-3: 20 reps

1-2-3-4: 20 reps

Speed - All Left: 1 minute (all on a 3-count)

All Right: 1 minute

L,R: 1 minute

Reverse it!

Challenge yourself to punch in reverse. Huh?!

Form

Reminder

Do your gloves return to guard position between each punch?

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1-1-1 - Roots

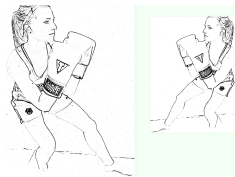


Challenge!
Test your resolve and
do non-stop 1-2-3-4 for
the whole round!

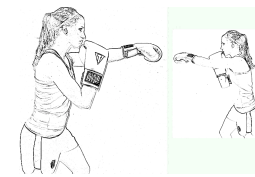
Countdowns!
How many quality 1-2s
can you do in 90
seconds?

SHADOWBOXING BOUT

Jabs: 20 good jabs
1-2: 20 reps
1-2-3: 20 reps
1-2-3-4: 20 reps



Reverse it!
Challenge yourself to
punch in reverse.



Form Reminder
Are you punching
straight at yourself?

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