

TOTAL BODY BOUT

Total Body: Mtn Climbers – 20 each
Press: Triangle P-Ups – 10 reps
Uni-Lateral: Single-Leg Hip Raise – 10 each
Creature Crawl: Crab Walk – 20 steps



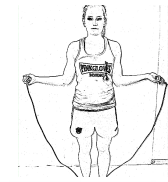
1-1-10 - Life Without Goals is Like a Highway to Nowhere



FOOTWORK BOUT

Speed Ladder:

:Side Shuffle (two feet in each)
:Icky Shuffle
:Backwards Icky Shuffle



SHADOWBOXING BOUT

1-2-3-2-1: 20 reps
1-8-3-2: 20 reps
1-2-3-2-1-8-3-2: 20 reps



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



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BAGS BOUT

Heavy :

1-2-3-2-1: 20 reps
1-8-3-2: 20 reps
1-2-3-2-1-8-3-2: 20 reps

Speed – L,L,R,R: 1 minute (3-count)

L,L,L,R,R,R: 1 minute

L,R: 1 minute



1-1-10 - Life Without Goals is Like a Highway to Nowhere



Challenge!
Single-leg hip raises for the entire round. Switch legs after 20 reps.

Countdown
How many triangle push-ups can you do in 60 seconds?



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Creature Crawl: Crab Walk – 20 steps



Reverse it!
Challenge yourself to crawl in reverse.

Form Reminder
Keep your knees together during single-leg hip raises.

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Footwork Challenge!

Test your resolve and do the Icky shuffle for the whole round!

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Countdowns

How many laps can you make with the Icky shuffle in 60 seconds?

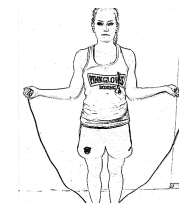
FOOTWORK BOUT

- Speed Ladder: Side Shuffle (two feet in each)
- : Icky Shuffle
- : Backwards Icky 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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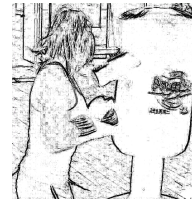
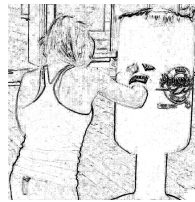
Challenge!

1-8-3-2 for the entire round.

1-1-10 - Life Without Goals is Like a Highway to Nowhere

Countdown

1-8-3-2. How many can you do in 60 seconds?



BAGS BOUT

Heavy:

1-2-3-2-1: 20 reps

1-8-3-2: 20 reps

1-2-3-2-1-8-3-2: 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.

Form

Reminder

Do your glove return to guard position between each punch?

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1-1-10 - Life Without Goals is Like a Highway to Nowhere

Challenge!
1-8-3-2s for the entire round. Good form, full range of motion & fast.



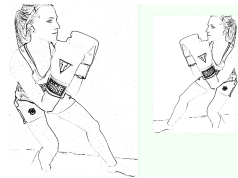
Countdown
How many quality 1-8-3-2s can you do in 60 seconds?

SHADOWBOXING BOUT

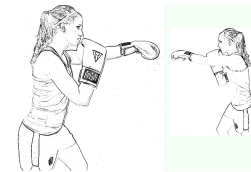
1-2-3-2-1: 20 reps

1-8-3-2: 20 reps

1-2-3-2-1-8-3-2: 20 reps



Reverse it!
Challenge yourself to punch in reverse.



Form Reminder
Are you punching straight at yourself?

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