

## TOTAL BODY BOUT

Total Body: Stance Squats – 15 reps

Press: Triangle P-ups – 10 reps

Uni-Lateral: Lunges w/ hip rot – 20 total reps

Creature Crawl: Side Crawl – 20 steps



1-1-2 - Ali



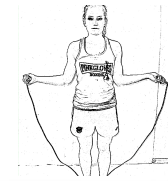
## FOOTWORK BOUT

Speed Ladder:

:One foot in each hurdle running

:Hop Scotch

: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

Ali Shuffle: 20 good jabs

1-2-3-4: 20 reps

Ali Shuffle, 1-2-3-4: 20 reps



## BAGS BOUT

Heavy – Jabs: 30 good jabs fast and hard

1-1-2-2-2: 20 fast

1-1-2-2-2: 20 hard

Speed – All Left: 1 minute (3-count)

All Right: 1 minute

L,R: 1 minute



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1-1-2 - Ali



**Challenge!**  
Test your resolve and do non-stop side crawls for the whole round! (count your steps).



**Countdowns!**  
How many stance squats can you do in 2 minutes?



## TOTAL BODY BOUT

- Total Body:** Stance Squats – 15 reps  
**Press:** Triangle P-ups – 10 reps  
**Uni-Lateral:** Lunges w/ hip rot – 20 total reps  
**Creature Crawl:** Side Crawl – 20 steps



**Reverse it!**  
Challenge yourself to crawl in reverse.



**Form Reminder**  
During stance squats, make sure to keep guard strong?

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1-1-2 - Ali



**Footwork Challenge!**

Do "one foot in each hurdle running" for the whole round.

**Countdowns!**

How many times can you side shuffle down and back in 2 minutes (shoot for double-digits)?

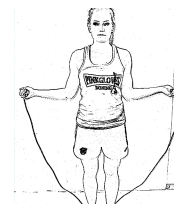
# FOOTWORK BOUT

- Speed Ladder: One foot in each hurdle running
- : Hop Scotch
- : Side Shuffle



**Reverse it!**

Challenge yourself to do the speed ladder in reverse.



**Form Reminder**

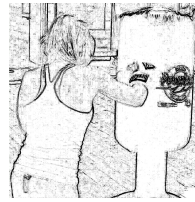
Keep your eyes up.

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1-1-2 - Ali

**Challenge!**

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



# BAGS BOUT

**Countdowns!**

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

Heavy – Jabs: 30 good jabs fast and hard

1-1-2-2-2: 20 fast

1-1-2-2-2: 20 hard

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

All Right: 1 minute

L,R: 1 minute

**Reverse it!**

Try doing  
2-1s for the  
whole round.

**Form**

**Reminder**

Your punches  
should 'pop' the  
bag, and not  
push it.

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1-1-2 - Ali

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



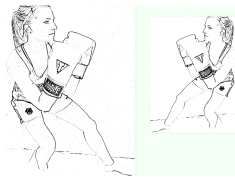
**Countdowns!**  
How many quality 1-2-3s  
can you do in 90  
seconds?

## SHADOWBOXING BOUT

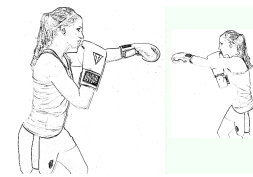
Jabs: 20 good jabs

1-2: 20 reps

Ali Shuffle then 1-2-3-4: 20 reps



**Reverse it!**  
Try the 4-3-2-1.



**Form Reminder**  
Are you recoiling your  
punches quickly to  
guard your face?

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