

TOTAL BODY BOUT

Total Body: Squat Jumps – 50 reps

Press:

Uni-Lateral:

Creature Crawl:



1-1-26 - Intensity



FOOTWORK BOUT

Speed Ladder:

Side Crawl on hands – crawl down and jog back



PRIZE FIGHT

Members hold for each other in opposite stance. Then, switch.

Round 1 – Form

Round 2 – Burnout



SHADOWBOXING BOUT

Feet only punch: 1-2-3-4...8

Feet and hips: 1-2-3-4...8

Ft, hips, shldr: 1-2-3-4...8

Total Body: 1-2-3-4...8



Revealing the Champion from Within™

BAGS BOUT

Heavy –: 1-2s for the entire

How many reps: Keep form and be
can you get: Fast!

:

Speed–Double Hit : L,R (1-count) then

Left,Right: (3-count) then R,L

Right, Left: (1-count) REPEAT



1-1-26 - Intensity



Challenge!
Too easy for you???
Try it with your gloves
on or holding light DBs.

Countdown!
If you don't want to
jump, see how many
squats you can do.



TOTAL BODY BOUT



Total Body: Squat Jumps – 50 reps

Press:

Uni-Lateral:

Creature Crawl:



Switch it!
Minimize the squat and
maximize the jump.
You should get more
reps this way.



Form Reminder
Knees track in line with
toes and maintain a
neutral spine.

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1-1-26 - Intensity



Footwork Challenge!
Crawl for the entire round. Unless, you are scared!

Countdown!
Try going back and forth between two hurdles only -shuffling hands fast.

FOOTWORK BOUT

Speed Ladder: Side crawl on hands – crawl
: down and jog back
:
:



Reverse it!
Put your feet in the hurdles and hands outside the hurdles.



Form Reminder
Easy on your shoulders. Absorb the motion.

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Challenge!

Try and get over
300 punches

1-1-26 - Intensity

Countdown!

Try 1-1-2-2 for the
entire round.



BAGS BOUT

Heavy – Jabs: 1–2s for the entire round

How many reps: Keep good form and be fast.

can you get?:

: Keep count & beat it in 2nd

Speed – Double Hit: Left, Right (1–count) then

Left, Right: (3–count) then Right, Left

Right, Left: (1–count) REPEAT

Stay Fresh!

Throw 10 at a
time and then
move your feet
to reset for next
10.

**Form
Reminder**

Use your whole
body still and not
just your arms.

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1-1-26 - Intensity

Challenge!
Try it backwards:
8-7-6-5...1



Countdown!
On your second round
through, mix the combos
up and follow the same
progression.

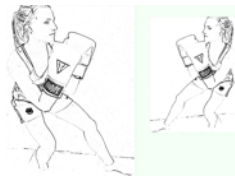
SHADOWBOXING BOUT

Feet only punching: 1-2-3-4...8

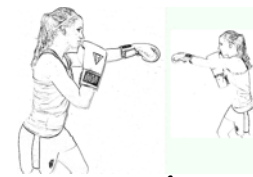
Feet and hips: 1-2-3-4...8

Feet, hips & shoulders: 1-2-3-4...8

Entire body: 1-2-3-4...8



Flaunt it!
Too easy for you. Try it
in the opposite stance.



Form Reminder
Focus on your form
here. This is not a
race. Take your time
and strive for
perfection.

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