

TOTAL BODY BOUT

Total Body: Squat Jumps – 20 reps

Press: Triangle P-ups – 10 reps

Uni-Lateral: Rev. Lunges w/ knee lift – 20 total

Creature Crawl: Tiger Crawls – 20 steps



1-1-3 - Marciano



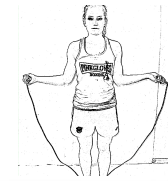
FOOTWORK BOUT

Speed Ladder:

:Ali Shuffle

:Mogul Skiing

:Russian Jig



PRIZE FIGHT

Trainer holds for two women at a time.

One woman tries the combo.

The other shadowboxes it.

Round 1 – Form

Round 2 – Burnout



SHADOWBOXING BOUT

Ducks: 15 (Shift Weight) – 1 min.

Slips: 20 (Side Bends) – 1 min.

Duck-3-4-Duck-4-3: 1 min.



Revealing the Champion from Within™

BAGS BOUT

Heavy

Duck-3-4-Duck-4-3: 1 minute

Constant Straights: 1 minute

Constant Hooks: 1 minute

Speed – All Left: 1 minute (3-count)

All Right: 1 minute

L,R: 1 minute



1-1-3 - Marciano



Burpee Challenge!
Test your resolve and do non-stop Rev. Lunges w/ Knee Lift for the whole round!



Countdowns
How many quality squat-jumps can you do in 90 seconds?



TOTAL BODY BOUT

- Total Body:** Squat Jumps – 20 reps
Press: Triangle P-ups – 10 reps
Uni-Lateral: Rev. Lunges w/ knee lift – 20 total
Creature Crawl: Tiger Crawls – 20 steps



Bounce it!
Challenge yourself to add a "bounce" to each crawl-step (like doing a push-up each step).



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

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1-1-3 - Marciano



Footwork Challenge!

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

Countdowns

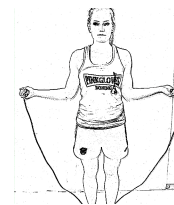
How many times can you Ali shuffle down and back in 90 seconds?

FOOTWORK BOUT

- Speed Ladder:** Ali Shuffle
: Mogul Skiing
: Russian Jig



To the Extreme!
Do the Russian Jig with hands resting on your head.



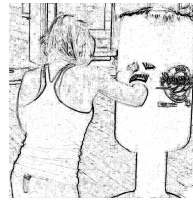
Form Reminder
Keep your back straight.

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1-1-3 - Marciano

Challenge!

Test your resolve
and do non-stop
Lead Hooks (3s)
for the whole
round!



BAGS BOUT



Countdowns

How many quality
Duck-3-4-
Duck-4-3 can you
do in 90 seconds?

Heavy

Duck-3-4-Duck-4-3: 1 minute

Constant Straights: 1 minute

Constant Hooks: 1 minute

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

All Right: 1 minute

L,R: 1 minute

Add Levels!

*Do all Lead Hooks at
different levels:
alternate the head
and the body*

Form

Reminder

Twist your torso
to deliver a
proper hook.

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1-1-3 - Marciano

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



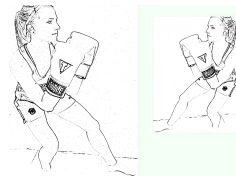
Countdowns
How many quality 1-2s
can you do in 2
minutes?

SHADOWBOXING BOUT

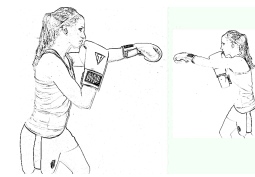
Ducks: 15 (Shift Weight) – 1 min.

Slips: 20 (Side Bends) – 1 min.

Duck-3-4-Duck-4-3: 1 min.



Move it!
Challenge yourself to
move all around for the
whole round.



Form Reminder
Are you punching
straight at yourself?

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