

TOTAL BODY BOUT

Total Body: Burpees – 10 reps

Press: P-up knee drivers – 5 reps each

Uni-Lateral: Single leg donkey kicks – 10 ea.

Creature Crawl: Tiger Crawls – 20 steps



1-1-4 - Jack Johnson

PINKGLOVES

BOXING



FOOTWORK BOUT

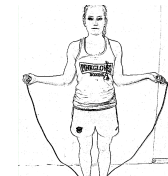
Jump Rope:

:2-foot hops – 30 seconds

:Left Leg – 30 seconds

:Right Leg – 30 seconds

Repeat



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

Stance Squats: 15 each stance

Slips: 20 reps fast and full range

1-2-3-4: 20 reps

1-1-2-2-3-3-4-4: 15 reps



BAGS BOUT

Heavy

1-1-2-2-3-3-4-4: 1 minute

1-2-slip-slip: 1 minute

1-2-slip-slip-3-4: 1 minute

Speed – All Left: 1 minute (3-count)

All Right: 1 minute

L,R: 1 minute



Revealing the Champion from Within™



1-1-4 - Jack Johnson



P-up Challenge!
Test your resolve and do non-stop P-up Knee Drivers for the whole round! If you can't do any more, make sure to stay up without the knees touching the floor.



Push it to the Limit!
How many quality burpees can you do in 90 seconds?



TOTAL BODY BOUT

- Total Body:** Burpees – 10 reps
Press: P-up knee drivers – 5 reps ea.
Uni-Lateral: Single leg donkey kicks – 10 ea.
Creature Crawl: Tiger Crawls – 20 steps



Go Low!
Challenge yourself to do the Crouching Tiger and stay low the whole time.



Form Reminder
During Tiger Crawls, does your knee come up outside of your arms?

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Footwork Challenge!

Test your resolve and do non-stop 2-foot hops for the whole round! (minimize any down time)

Push it to the Limit!
How many times can you two-foot hop in 60 seconds?

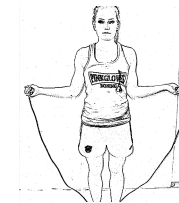
FOOTWORK BOUT

Jump Rope: 2-foot hops – 30 seconds
: **Left Leg – 30 seconds**
: **Right Leg – 30 seconds**
Repeat



Jump Around!

Do 2-foot hops while moving to the left 5 feet and back to the right 5 feet.



Form Reminder

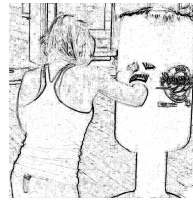
Use your arms to quickly propel yourself through each hop.

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Challenge!

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

1-1-4 - Jack Johnson



BAGS BOUT



Push it to the Limit!

How many quality
1-2-slip-slip-3-4s
can you do in 90
seconds?

Heavy

- 1-1-2-2-3-3-4-4 : 1 minute
1-2-slip-slip: 1 minute
1-2-slip-slip-3-4: 1 minute

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

Are you
maintaining a
slight forward
lean as you slip?

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1-1-4 - Jack Johnson



More Squats Challenge!
Test your resolve and do non-stop stance squats!

Push it to the Limit!
How many quality slips can you do in 90 seconds?

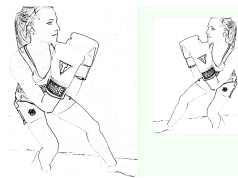
SHADOWBOXING BOUT

Stance Squats: 15 each stance

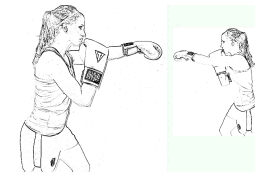
Slips: 20 reps fast and full range

1-2-3-4: 20 reps

1-1-2-2-3-3-4-4: 15 reps



Other Side!
Challenge yourself to stance squat in your opposite stance all round.



Form Reminder
Does your knee stay straight during stance squats?

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