

TOTAL BODY BOUT

Total Body: Squat Punches – 30 straight ea.

Press:

Uni-Lateral: Lunge w/ core twist – 20 reps

Creature Crawl: Inchworm w/ p-ups



1-1-5 - Polly Burns



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



Revealing the Champion from Within™

FOOTWORK BOUT

Jump Rope:

:Squat Hops (bent knee hops) – 1 min.

:Straight Leg Hops – 1 min.

:Left Leg – 30 seconds

:Right Leg – 30 seconds



SHADOWBOXING BOUT

All Punches from squat position

1-2-1-2-1-2-1-2: 1 minute

1-2-3-4: 1 minute

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



BAGS BOUT

Heavy All punches from squat position

10 jabs 10 rights: 1 minute

1-1-2-2-2-2: 1 minute

2-3-2-3-2: 1 min. hard and fast

Speed – All Left: 1 minute (3-count)

All Right: 1 minute

L,R: 1 minute



1-1-5 - Polly Burns



Challenge!
Test your resolve and
do non-stop Squat
Punches for the whole
round!



Push it to the Limit!
How many quality
punches can you throw
in the squat position in
90 seconds?



TOTAL BODY BOUT

Total Body: Squat punches – 30 straight ea.

Press:

Uni-Lateral: Lunge w/ core twist – 10 reps ea.

Creature Crawl: Inchworm w/ p-ups – 10 steps



Reverse it!
Challenge yourself to
Inchworm in reverse.



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

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Footwork Challenge!

Test your resolve and do non-stop left leg hops all round (the Burn!!!)

Push it to the Limit!
How many times can you right leg hop in 90 seconds?

FOOTWORK BOUT

- Jump Rope: Squat Hops (bent knee hops) – 1 min.
- : Straight Leg Hops – 1 min.
- : Left Leg – 30 seconds
- : Right Leg – 30 seconds



Reverse it!

Challenge yourself to jump rope in reverse all round.



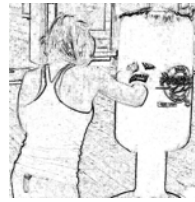
Form Reminder
Stay on the balls on your feet.

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1-1-5 - Polly Burns

Challenge!

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



BAGS BOUT

**Push it to the
Limit!**

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

Heavy All punches from squatting position

10 Jabs 10 Rights: 1 minute

1-1-2-2-2: 1 minute

2-3-2-3: 1 minute hard and fast

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

All Right: 1 minute

L,R: 1 minute

Head Blows Only!

Challenge yourself to
only deliver head-level
punches (especially
for the hooks).

**Form
Reminder**

Are you twisting
your core during
the 2-3s?

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1-1-5 - Polly Burns



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

Push it to the Limit!
How many quality
1-1-2-2-3-3-4-4 can you
do in 90 seconds?

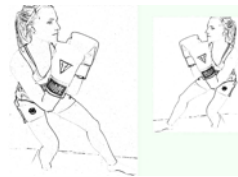
SHADOWBOXING BOUT

All punches from squat position

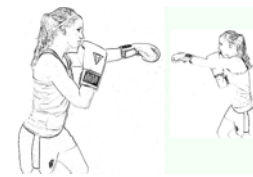
1-2-1-2-1-2-1-2: 1 minute

1-2-3-4: 1 minute

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



Head Blows Only!
Challenge yourself to
only deliver head-level
punches (especially for
the hooks).



Form Reminder
Are you snapping your
punches out and
quickly bringing them
back?

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