

TOTAL BODY BOUT

Total Body: Burpees – 10 reps

Press:

Uni-Lateral: Split Squat Jumps – 20 reps

Creature Crawl: Side Crawl w/ P-ups – 10 steps



1-1-6 - Barbara Buttrick



FOOTWORK BOUT

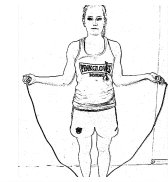
Speed Ladder:

:Ali Shuffle

:Split Squat w/ forward jump

:Hop Scotch

:Side Shuffle



PRIZE FIGHT

Round 1 – Trainer holds for both girls
Round 2 – Members hold for each other
(gloves on gloves)



SHADOWBOXING BOUT

1-2 Orthodox: 20 reps

1-2 Southpaw: 20 reps

1-2 Ortho, 1-2 Southpaw: 20 reps



Revealing the Champion from Within™

BAGS BOUT

Heavy –:

1-2 Orthodox: 20 reps

1-2 Southpaw: 20 reps

1-2- Ortho 1-2 Southpaw 20 reps

Speed – L,L,R,R: 1 minute (3-count)

L,L,L,R,R,R: 1 minute

L,R: 1 minute



1-1-6 - Barbara Buttrick

Challenge!
Complete the circuit
twice in one round.
Good Luck!



Countdown
Split squat jumps for 60
seconds?



TOTAL BODY BOUT



Total Body: Burpees – 10 reps

Press:

Uni-Lateral: Split Squat Jumps – 20 reps

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



Reverse it!
Challenge yourself to
crawl in reverse.



Form Reminder
Side crawl form - cross
your arms and shuffle
your feet.

Revealing the Champion from Within™

1-1-6 - Barbara Buttrick



Footwork Challenge!
Hop scotch for the entire round. Just like when you were a kid.

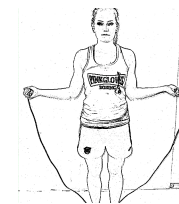
Countdown
Do the hop scotch as fast as you can for 60 seconds?

FOOTWORK BOUT

- Speed Ladder:** Ali Shuffle
: Split Squat w/ forward jump
: Hop Scotch
: Side Shuffle



Reverse it!
Challenge yourself to do the speed ladder in reverse.



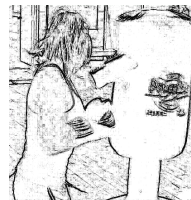
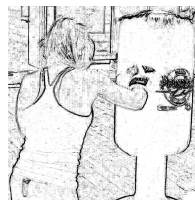
Form Reminder
Stay on the balls of your feet.

Revealing the Champion from Within™

1-1-6 - Barbara Buttrick

Challenge!

Do 1-2s in your opposite stance for the entire round.



BAGS BOUT

Countdowns

How many quality 1-2s in the opposite stance can you do in 60 seconds?

Heavy -:

1-2 Orthodox: 20 reps

1-2 Southpaw: 20 reps

1-2 Otho 1-2 Southpaw: 20 reps

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.

Revealing the Champion from Within™

Form Reminder

Do your glove return to guard position between each punch?

1-1-6 - Barbara Buttrick

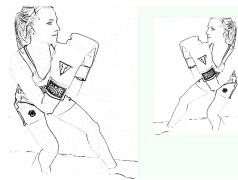


Challenge!
Throw 1-2s in your
opposite stance for the
entire round.

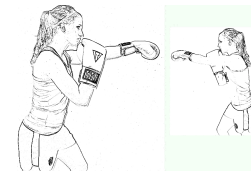
Countdowns
How many quality 1-2s
can you do in 60 seconds
from your opposite
stance?

SHADOWBOXING BOUT

1-2 Orthodox: 20 reps
1-2 Southpaw: 20 reps
1-2 Ortho 1-2 Southpaw: 20 reps



Mirror time
Technique is perfected in
the mirror. Opposite
stances feel awkward,
but not for long.



Form Reminder
Take a small step
forward when you
throw your jab.

Revealing the Champion from Within™