

TOTAL BODY BOUT

Total Body: Burpees – 15 reps

Press: Staggered P-ups – 10 reps

Uni-Lateral: Speed Skater Lunges – 10 each

Creature Crawl: Tiger Crawls – 20 steps



1-1-7- Point Your Aggression in the Right Direction



FOOTWORK BOUT

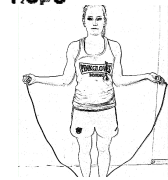
Speed Ladder:

: Hop Scotch

: Left Leg Hops

: Right Leg Hops

: 90° Hip rotation hops



PRIZE FIGHT

Round 1 – Trainer hold for both girls.

Round 2 – Member hold for each other.

(gloves on gloves)



SHADOWBOXING BOUT

Perfect Jabs: 50 punches

Straights to the Body: Squat Low

Body Straight: Lead Hook – 25 reps



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BAGS BOUT

Heavy – Jabs: 30 full punches

1-2-1: 30 reps fast and hard

Repeat

Speed – L,L,R,R: 1 minute (3-count)

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

L,R: 1 minute



1-1-7- Point Your Aggression in the Right Direction



Challenge!
Speed skater lunges
for the entire round!
Can you handle it?

Countdown
See how many
staggered p-ups you can
do in 90 seconds?



TOTAL BODY BOUT



Total Body: Burpees – 15 reps
Press: Staggered p-ups – 10 reps
Uni-Lateral: Speed Skater Lunges – 10 each
Creature Crawl: Tiger Crawls – 20 steps



Reverse it!
Challenge yourself to
crawl in reverse.

Form Reminder
Your opposite arm and
leg move at the same
time during the crawl.

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**Footwork
Challenge!**

Left leg hops for the
entire round.

1-1-7- Point Your Aggression in the Right
Direction



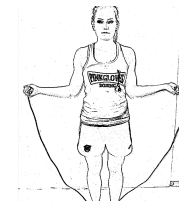
Countdown
How many right-leg hops
can you do in 90
seconds?

FOOTWORK BOUT

- Speed Ladder:** Hop Scotch
: Left Leg Hops
: Right Leg Hops
: 90° Hip rotation hops



Reverse it!
Try not to watch your
feet in the ladder. Keep
your eyes forward.

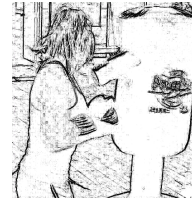
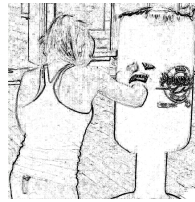


Form Reminder
Make sure you move
your arms when you
are running.

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1-1-7- Point Your Aggression in the Right
Direction

Challenge!
1-2-1s for the
entire round.
Reset each time
and focus on
speed.



BAGS BOUT

Countdown
How many quality
1-2-1s can you do
in 60 seconds?

Heavy –

Jabs: 30 full punches

1–2: 30 reps fast and hard

Repeat

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

All Right: 1 minute

L,R: 1 minute

Think Speed
Speed comes
from your entire
body. Throw each
combo as fast as
you can.

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**Form
Reminder**
Do your glove
return to guard
position between
each punch?

1-1-7- Point Your Aggression in the Right Direction

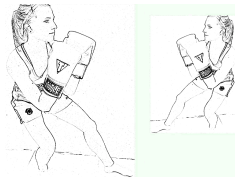
Challenge!
Perfect jabs for the entire round.



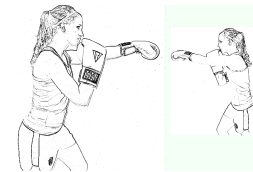
Countdown
Straight to the body then a lead hook to the head.
60 seconds.

SHADOWBOXING BOUT

Jabs: 50 perfect punches
Straights to the body: Squat Low
Body Straight: Lead Hook



Reverse it!
Try switching to Southpaw if you are Orthodox. Vice Versa



Form Reminder
Shift your bodyweight by squishing the bugs & pivoting on feet.

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