

## TOTAL BODY BOUT

Total Body: Mt Climber p-ups - (4 climbers &  
1 push-up) 10 total reps

Uni-Lateral: Reverse Lunge w/ knee drive - 10 reps

Creature Crawl: Inch Worm - 10 steps



1-1-8 - You Either Make it Happen, or Watch it Happen



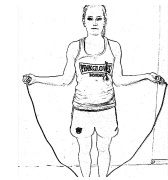
## FOOTWORK BOUT

Jump Rope:

:Running in Place - 1 minute

:Two-footed Hops - 1 minute

:Alternate Feet - 1 minute



## PRIZE FIGHT

Trainer holds for two women at a time.

One woman tries the combo.

The other shadowboxes it. Then switch.

Round 1 - Form

Round 2 - Burnout



## SHADOWBOXING BOUT

1-2 Jumping Forward: 20 reps

1-2 Jumping Forward: 20 reps

Then slip-slip 3-4



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## BAGS BOUT

Heavy -

1-2 Jumping Forward: 20 reps

1-2 Jumping Forward: 20 reps

Then slip-slip 3-4

Speed - L,L,R,R: 1 minute (3-count)

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

L,R: 1 minute



1-1-8 - You Either Make it Happen, or Watch it Happen



**Challenge!**  
Inch worm for the entire round.

**Countdown**  
How many Mt. climbers can you do in 90 seconds?



## TOTAL BODY BOUT



**Total Body:** Mt climber p-ups (4 climbers & 1 p-up)  
: - 10 total reps

**Uni-Lateral:** Reverse Lunge w/ knee drive - 10 total

**Creature Crawl:** Inch Worm - 10 steps



**Reverse it!**  
Challenge yourself to crawl in reverse.



**Form Reminder**  
Lean forward slightly on reverse lunges and keep you back in a straight line with your back leg.

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**Footwork Challenge!**

Test your resolve and run in place for the whole round! As fast as you can!

1-1-8 - You Either Make it Happen, or Watch it Happen



**Countdown**

How many times can you run in place in 60 seconds?

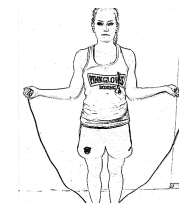
# FOOTWORK BOUT

- Jump Rope: Running in Place – 1 minute**
- : Two-footed Hops – 1 minute**
- : Alternate Feet – 1 minute**



**Reverse it!**

Challenge yourself to do the speed ladder in reverse.



**Form Reminder**

Stay on the balls on your feet.

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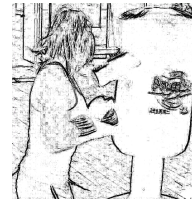
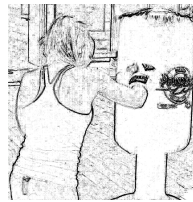
**Challenge!**

Jumping 1-2s for the entire round. Reset each time.

1-1-8 - You Either Make it Happen, or Watch it Happen

**Countdown**

How many quality 1-2s with a forward jump can you do in 60 seconds?



**BAGS BOUT**

Heavy —

1-2 Jumping Forward: 20 reps

1-2 Jumping Forward: 20 reps

Then slip-slip-3-4

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**

Do your glove return to guard position between each punch?

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**Challenge!**  
1-2s with a forward  
jump for the entire  
round. Reset each time.

1-1-8 - You Either Make it Happen, or Watch it  
Happen



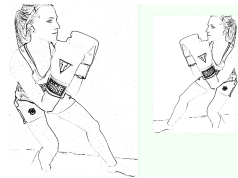
**Countdown**  
How many quality 1-2s  
with a forward jump can  
you do in 60 seconds?

## SHADOWBOXING BOUT

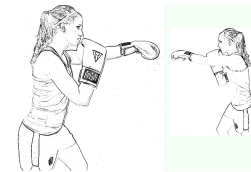
**1-2 Jumping Forward: 20 reps**

**1-2 Jumping Forward: 20 reps**

**Then slip-slip-3-4**



**Reverse it!**  
Challenge yourself to  
punch in reverse.



**Form Reminder**  
Are you punching  
straight at yourself?

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