

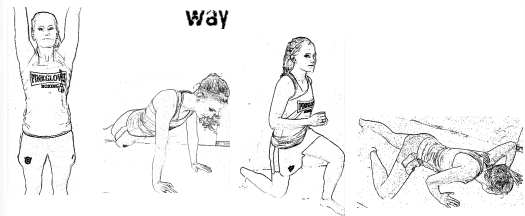
TOTAL BODY BOUT

Total Body: Squat Jumps – 15 reps

Press: 1-Leg p-ups – 10(5 each way)

Uni-Lateral: Rev. Lunge Knee Drive – 10 each

Creature Crawl: Gorilla Crawl – 10 steps each way



1-1-9 - Hard Work Beats Talent When Talent Doesn't Work Hard



FOOTWORK BOUT

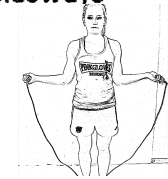
Speed Ladder:

:Left Leg Only– Forward

:Left Leg Only– Sideways

:Right Leg Only– Forward

:Right Leg Only– Sideways



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

10 jabs – 10 slips – 10 jabs – 10 slips

1-2-1-2-slip-slip-1-2-1-2-slip-slip

Repeat each for 20 reps



BAGS BOUT

Heavy –

10 jabs-10 slips- 10 jabs-10 slips

1-2-1-2-slip-slip-1-2-1-2-slip-slip

Repeat each for 20 reps

Speed – L,L,R,R:1 minute (3-count)

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

L,R:1 minute



Revealing the Champion from Within™



1-1-9 - Hard Work Beats Talent When Talent
Doesn't Work Hard

Challenge!
Test your resolve and do
non-stop squat jumps for
the whole round!



Countdown
How many 1-leg push-
ups can you do in 60
seconds?



TOTAL BODY BOUT



- Total Body:** Squat Jumps – 15 reps
Press: 1 Leg Push-ups – 10 (5 ea way)
Uni-Lateral: Rev. Lunge Knee Drive – 10 each
Creature Crawl: Gorilla Crawl – 10 steps each way



Give it the power!
Jump as high as you
can during each squat
jump.



Form Reminder
Gorilla Crawl form - put
more weight on your
arms to relieve your
knees.

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Footwork Challenge!
Right leg hops for the entire round.

1-1-9 - Hard Work Beats Talent When Talent Doesn't Work Hard



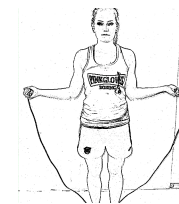
Countdown
How many left leg hops can you do in 90 seconds?

FOOTWORK BOUT

- Speed Ladder:**
- Left Leg Only – Forward
 - : Left Leg Only – Sideways
 - : Right Leg Only – Forward
 - : Right Leg Only – Sideways



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



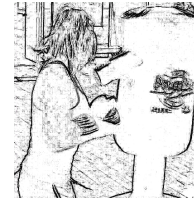
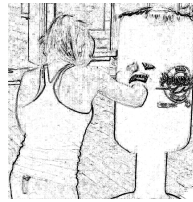
Form Reminder
Stay on the balls on your feet.

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1-1-9 - Hard Work Beats Talent When Talent
Doesn't Work Hard

Challenge!

1-2-1-2-slip-slip
for the entire
round. Keep your
form and move
fast.



BAGS BOUT

Countdown

10 jabs and 10
slips. How many
can you do in 60
seconds?

Heavy —

10 jabs—10 slips—10 jabs—10 slips

1—2—1—2—slip—slip—1—2—1—2—slip—slip

Repeat each for 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.

Form

Reminder

A slip is just a
little side bend in
an effort you
miss getting hit.

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1-1-9 - Hard Work Beats Talent When Talent
Doesn't Work Hard

Challenge!
1-2-1-2-slip-slip for the
entire round. Be quick
and use your entire body.



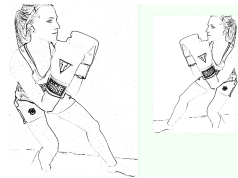
Countdown
10 jabs and 10 slips.
How many can you do in
60 seconds?

SHADOWBOXING BOUT

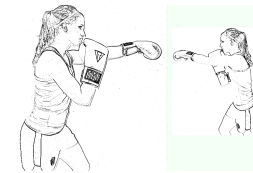
10 jabs—10 slips—10 jabs—10 slips

1—2—1—2—slip—slip—1—2—1—2—slip—slip

Repeat each for 20 reps



Reverse it!
Challenge yourself to
punch in reverse.



Form Reminder
Watch closely in the
mirror, and critique
your own form.

Revealing the Champion from Within™