



# Workout 2-1

## Eye of the Mudskipper

*Who can skip thru the mud with the greatest of ease?  
Who can crawl like a dog without scraping her knees?*

\*Mudskippers are members of the subfamily Oxudercinae. They are completely amphibious fish, fish that can use their pectoral fins to walk on land. {Wikipedia}

### Total Body Bout

**Total Body** A - Squat Jumps (Knees to elbows) - 30 secs  
B - Single Leg Squat Jump - 15 secs each

**Press** A - Decline Push-Ups (Partner holds feet at appropriate level) - 30 seconds  
B - Incline Push-Ups (Partner creates press platform while on all 4's) - 30 secs

**Uni-Lateral** Speed Skater - 30 secs



**Creature Crawl** The Mudskipper - 30 secs (Keeping neutral spine and tight core, drag feet while moving forward using only forearms)

### Footwork Bout

Hop Scotch (using ladders)

A - Alternating Single Foot in Middle Square

B - Double Foot in Middle Square



A: Achievement Round  
B: Burnout Round

### Prize Fight



### Shadowboxing Bout

1-2-3-4-Duck(back)-Duck(forward)-  
-4-3-2-1-Duck(forward)-Duck(back)

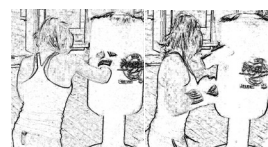
Go for 30 seconds while partner is holding a plank-mudskipper style, then switch.



### Bags Bout

1-2-3-4-Duck(back)-Duck(forward)-  
-4-3-2-1-Duck(forward)-Duck(back)

\*Make sure your guard stays up while ducking.





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### Total Body Bout

**Total Body** A - Squat Jumps (Knees to elbows) - 30 secs

B - Single Leg Squats - 15 secs each

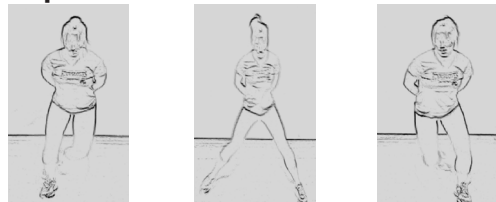


**Press** A - Declined Push-Ups (Partner creates foot rest while on all 4's) - 30 seconds

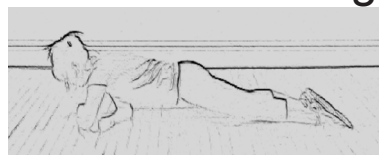
B - Inclined Push-Ups (Partner creates press platform while on all 4's) - 30 secs



**Uni-Lateral** Speed Skater - 30 secs



**Creature Crawl** The Mudskipper - 30 secs (Keeping neutral spine and tight core, drag feet while moving forward using only forearms)



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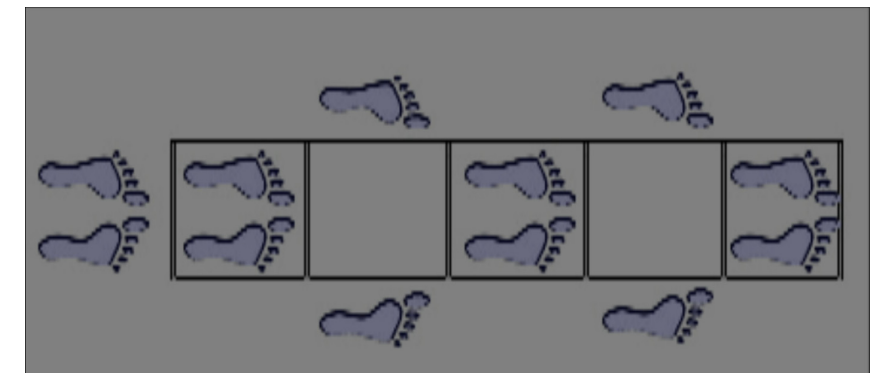
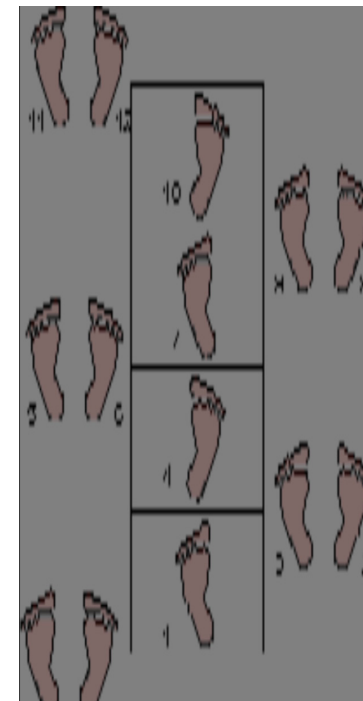
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#### Shadowboxing Bout

1-2-3-4-Duck(back)-Duck(forward)-  
-4-3-2-1-Duck(forward)-Duck(back)

Go for 30 seconds while partner is holding a plank-mudskipper style, then switch.



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#### Bags Bout

1-2-3-4-Duck(back)-Duck(forward)-  
-4-3-2-1-Duck(forward)-Duck(back)

\*Make sure your guard stays up while ducking.

