



Workout 1-28

Strike Like an Antlion

Who can strike faster than the speed of an Antlion?

*Antlions burrow in the sand creating a death trap for most insects. Upon slipping to the bottom, the prey is immediately seized by the lurking antlion; or if it attempts to scramble up the treacherous walls of the pit, it is speedily checked in its efforts and brought down by showers of loose sand which are thrown at it from below by the lion. {Wikipedia}

Total Body Bout

Total Body A - Body Squats - 60 secs
B - Body Squats - 60 secs

Press A - Push Ups - 30 secs
B - Push Ups - 30 secs

Uni-Lateral Alternating Reverse Lunges
30 - secs

Creature Crawl The Antlion - 30 secs (Lying on back, legs fully extended and heels against floor, pull with hamstrings until meet butt, repeat)



Footwork Bout

Agility Skips

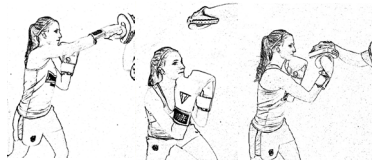
A - High Knee Skips through Ladder

B - High Knee Skips through Ladder



A: Achievement Round
B: Burnout Round

Prize Fight



Shadowboxing Bout

6-5-Take It (RT)-3-Take It (RT)-3-2{3 Rounds}
10 Push-Ups {1 Round}
Repeat



Bags Bout

6-5-Take It (RT)-3-Take It (RT)-3-2{3 Rounds}
10 Push-Ups {1 Round}
Repeat

*Partner Behind Bag Encouraging.





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Footwork Bout

Agility Skips

A - High Knee Skips Through Ladder

B - High Knee Skips Through Ladder





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Bags Bout

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10 Push-Ups {1 Round}

Repeat

*Partner behind bag giving encouragement. Switch after partner has finished

