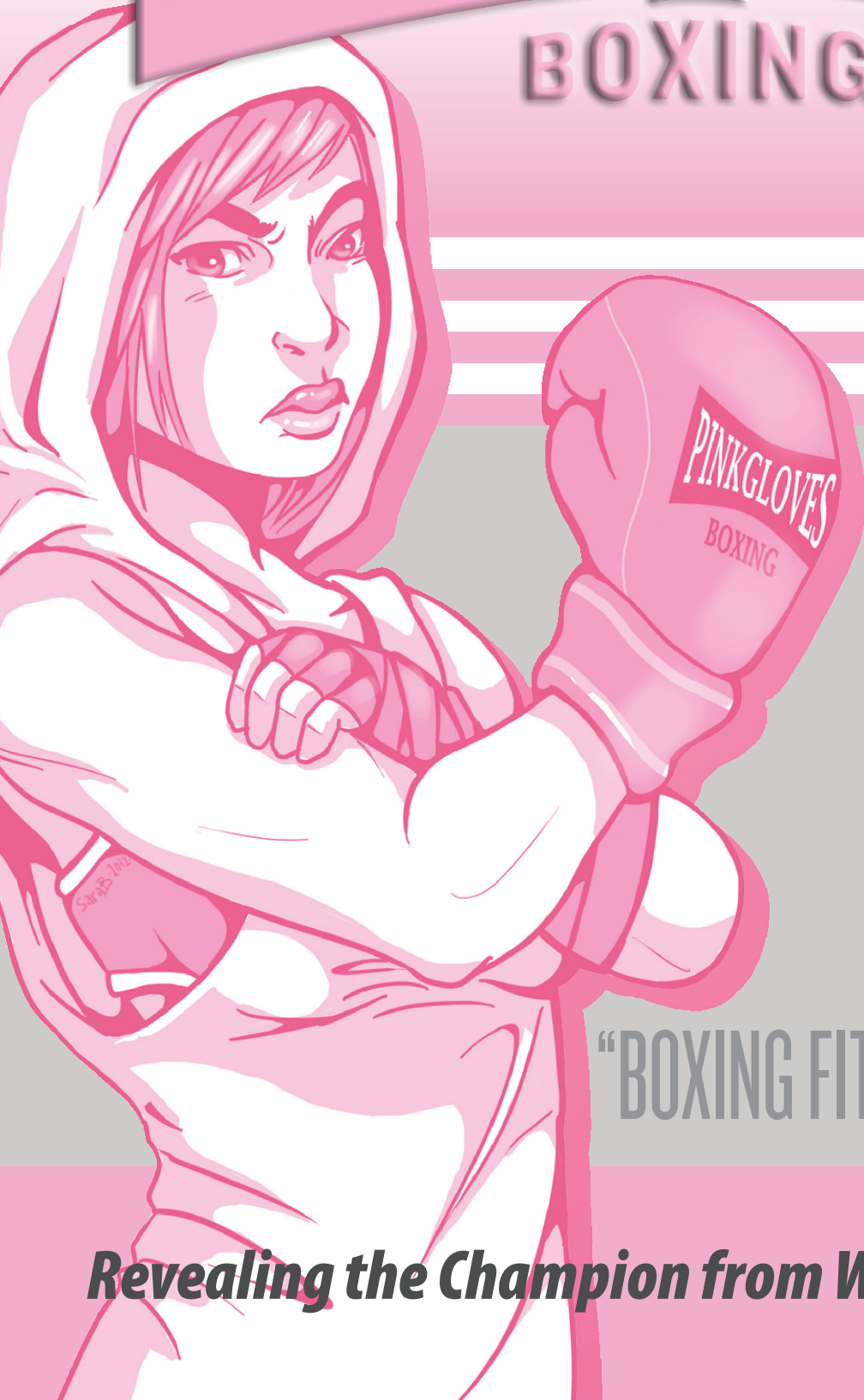


PINKGLOVES

BOXING



PGBTIER1

“BOXING FITNESS FOR WOMEN”

Revealing the Champion from Within Each Other™



What the heck is this? And how the heck do I use it?

Get ready to hit the easy button, because mastering this book will be no problem!

- 1** Flip to the first page of the workouts (1-1a). The title will read, "**Daily Goals**"
- 2** The **Daily Goals** will act as a guide. These goals will help both the member and trainer have fun while still successfully completing a workout.
- 3** The **Convo** is food for thought during each Cool-down. You are never required to use the exact question in this manual, but remember, they are always there if you need them. Feel free to create your own questions at anytime during the session.
- 4** The **Daily Training** Page will highlight the newest chapter of the PGB Code. The members will use the new punches or movements throughout the day and the trainers will use it during the Prize Fight.

*Note

Workouts 1-5 will repeat, however, the Daily Goals will change. To alleviate confusion, the first time you go through the workout you will use Daily Goal Page "a" The second time you go through the workout you will use Page "b". Remember, this is only for the first 5 workouts.

So it begins...



ROOTS



Goal

It's time to get serious. The daily goal is very important and today's goal is to: **HAVE FUN!** Life is too short not to have long laughs. The first day always seems confusing because this program is new to you. But once you understand the basic system of PGB - it's simple - and then everything

falls into place.

Today, your trainer's job is to lead you through the PGB workout with minimal confusion and maximum excitement. Your form won't be perfect, so focus on full range-of-motion punches and use the basics to get a good workout. Each day will be different and you will learn something new.



Convo

After each session during the cool-down segment, we have an icebreaker question. The purpose of this question is to stimulate conversation, build the community and get members to know each other.

**What is your name? Where are you from?
What brought you here?**



Poetic Punch

"The power of your punch, comes from the gentle hand guiding your glove."

ROOTS



Washing your hands protects you from germs and wrapping your hands protects you from injuries. Your trainer may need to help you wrap, but check out the hand wrapping video on the PGB website before next class.

Does everybody know each other? What's your name, where do you work, what did you eat for breakfast? (Ok the last one might be the most important) Remember the importance of proper form and make sure each punch is a total body movement. Nobody wants to meander through life meaninglessly and that's why we need core values. Here are the first 5 PGB Core Values to live by and to fight by:

1. **Welcome with Open Arms** You never know when you're going to meet a new friend or fun experience. The one way to fail is to close your mind and your arms. Treat others as you wish to be treated because others will treat your wishes according to your treatments.
2. **Be Confident Yet Humble** Believe in yourself and your capabilities so much that you never have to tell someone how capable you are.
3. **Validate** People, experiences and situations have both good and bad. You will find what you're looking for either way. Validate the good and you will get rid of the bad.
4. **Gift From The Heart** Giving a meaningful gift to someone else is the best gift you can give yourself.
5. **Make Your Own Fun** Fun situations are made by fun people.



Are your members interacting? Did you see them helping each other and working together? Pink Gloves is not just another workout class where you sweat in silence. We encourage your mouth to get a workout along with the rest of the muscles in your body.

What was your favorite part of the Pink Gloves class?



"Communication is like bathing -everyone does it -some people do it more thoroughly than others."



Chapter 1 3PCs (1-3)

3PCs - 3 Punch Combos

The best boxers throw punches in bunches. The 3 PCs are punches that flow together in short bursts.

Ex: 1-2-3
2-3-2
1-1-2



Prize Fight

1s, 1-2s

3PCs - 1-3 "Variations"

1-2-3	2-1-2
1-2-2	2-3-2
1-2-1	3-2-1
1-1-2	3-2-3



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PCs - 1-3 "Variations"

1-2-3	2-1-2
1-2-2	2-3-2
1-2-1	3-2-1
1-1-2	3-2-3

*Choose 3
per Round*

Speed

LLRRRR - 3 count

Full Round



Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PCs - 1-3 "Variations"

1-2-3	2-1-2
1-2-2	2-3-2
1-2-1	3-2-1
1-1-2	3-2-3

Choose 3 Per Round



Total Body

Theme

Total Body

Bodyweight Squats 30 secs

Press

Push-ups 30 secs

Unilateral

Reverse Lunges 30 secs

Creature Crawl

Tiger Crawl 30 secs



Footwork

Speed Ladder

1 Foot each

Half Round

2 Feet each

Half Round

ALI



Goal

How many open spots do your classes have? Ask your members to help fill the class with their friends. The class will eventually fill and it might as well be with your current member's friends.

Encourage them to bring a friend to the next class for a free demo session. Introduce the core values 6-10.

6. **Live Now** Having a goal is important. But reaching it isn't as important as becoming a better person in the process. Enjoy the journey and gift your presence to others.
7. **Be a Little Weird** Sameness is boring and uncreative. By embracing your weirdness, you will bring the hidden weirdness out of other people. In a supportive community where everybody can be themselves, the weirdness will create uniqueness.
8. **Be a Millionaire of Smiles** A smile is a contagious infection of affection. Dollars will always depreciate but smiles are always appreciated.
9. **Go the extra mile** Doing something is just as easy as doing nothing. Every day is a journey. What you're looking for in life you'll find in the extra mile. After you go the extra mile - keep going.
10. **Set goals that make you better** You have unlimited potential within. Set goals that help you reveal it.



Convo

Do your members understand the program?

What can we do to make our class better and create a closer community?

(Some other PGB clubs have made calendars with their members and sold them as a fund raiser. Other clubs have made PGB floats in local parades.)



Poetic Punch

"Strong individuals come from strong communities."

ALI



Do you have any new members joining the class?

If so, brief them on Pink Gloves and pair them with a more experienced member.

Make today tweetworthy or honorable by a Facebook update.

Have a lot of fun today and remember "it takes a smile to make a smile."



What words define your name and who you are?



*"Being a champion won't make you happy.
Being happy with yourself will make you a
champion."*



Chapter 2

Footwork: Square Drill

Footwork: The four basic directions; Forward, Back, Left, Right

Square Drill: Fwd - Right - Back - Left

Square Drill + 3PCs (1-3s): 3PC - Fwd - 3PC - Right - 3PC - Back - 3PC - Left

Here is an example of how you can get creative with it.

Ex: 1 - 2 - 3 - Fwd - 2 - 3 - 2 - Right - 1 - 2 - 1 - Back - 2 - 1 - 2 - Left



Prize Fight

1s, 1 - 2s + Footwork

Ex. 1 - fwd - 1 - fwd - 1 - 2 - back - 1 - 2 - back

3PCs + Footwork

Ex.) 3PC - right - 3PC - right - 3PC - left - 3PC - left

DAILY TRAINING

Footwork:
Square Drill



TIER I
1-2



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PCs - 1-3 "Variations"

1-2-3	2-1-2
1-2-2	2-3-2
1-2-1	3-2-1
1-1-2	3-2-3

*Choose 3
per Round*

Speed

LLRRRR - 3 count

Full Round





Bout

Shadowboxing

Mirror

Square Drill

Fwd - Right - Back - Left 30 secs

3PCs - 1-3 "Variations"

1-2-3 2-1-2

1-2-2 2-3-2

1-2-1 3-2-1

1-1-2 3-2-3

***Choose 3
per Round***

Square Drill + 3PCs 30 secs

Ex.) 3PC - fwd - 3PC - right - 3PC - back - 3PC - left



Total Body

Theme

Total Body

Burps

30 secs

Press

Push-up Knee Drivers

30 secs

Unilateral

Single-leg Hip Raise

30 secs

Creature Crawl

Inch Worm

30 secs



Footwork

Speed Ladder

1 Foot in each

2 Feet in each

Ali Shuffle

LUCIA RIJKER



You are there to encourage and inspire your members.

Start the day with a positive quote, funny story, or inspirational message.

Example: John Wooden once said, "Things work out best for those who make the best of the way things work out."

It might be time for new workout partners. This is not mandatory, but matching up the more advanced members with the novices will allow the whole class to progress faster.

Ask your members to read/skim through the manual if they have not done so already.



What is one of your personal goals?

(It doesn't have to be fitness related, it can be a personal goal.)



"Goals are the batteries for your GPS."

LUCIA RIJCKER



Today you are going to start the goal setting process. Ask your members to read the Goal Getting portion of the manual.

There is a difference between 'working out' and 'training.' When you have a goal to work towards, your dreams will start to actualize and you will start training to live that life you have always imagined.

Goals always take time, and we just want you to start thinking about what it is that you want to accomplish (it doesn't have to be a fitness goal it can be anything).

During the next 4 classes, we will break the Goal Getting process down. Living without goals only prepares you for the dying process.



If time and money were not an issue, how would you spend your day?



"Money pays for expenses - time pays for experiences."



Chapter 3

3PCs (1-6)

Today you are going to learn punches 4 - 5 - 6 and make 3PCs with the new punches

3PCs + Square Drill

Ex: 2 - 3 - 4 - fwd - 3 - 4 - 5 - right - 4 - 5 - 6 - back - 5 - 6 - 5
6 - 5 - 6 - fwd - 5 - 6 - 3 - right - 5 - 2 - 3 - back - 1 - 6 - 3



Prize Fight

1s, 1-2s

3PCs - 1 -6

2 - 3 - 4, 3 - 4 - 5, 4 - 5 - 6, 5 - 6 - 5, 6 - 5 - 6, 5 - 6 - 3,
5 - 2 - 3, 1 - 6 - 3

3PCs + Footwork



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PCs - 1-3 "Variations"

1-2-3	2-1-2
1-2-2	2-3-2
1-2-1	3-2-1
1-1-2	3-2-3

***Choose 3
per Round***

Speed

LLRRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

Square Drill

Fwd - Right - Back - Left 30 secs

3PCs - 1-3 "Variations"

1-2-3 2-1-2

1-2-2 2-3-2

1-2-1 3-2-1

1-1-2 3-2-3

***Choose 3
per Round***

Square Drill + 3PCs 30 secs

Ex.) 3PC - fwd - 3PC - right - 3PC - back - 3PC - left



Total Body

Theme

Total Body

Burpees

30 secs

Press

Push-up Knee Drivers

30 secs

Unilateral

Single-leg Donkey Kick

30 secs

Creature Crawl

Gorilla

30 secs

DAILY TRAINING

**Footwork:
Square Drill**



**TIER I
1-3**



Bout

Footwork

Jump Rope

Boxer Jumps (LLRR)

Reveal the Champion



ROCKY MARCIANO



Are there any questions on Goal Getting?

There are always some members that do not want to write down their goals. We don't want to force you to write your goals but we promise that you will not regret it.

Start with the "Define Your Name" section. Before you know 'what' you truly want to accomplish, you have to know 'who' you are.



What would you do if you knew you couldn't fail?



Poetic Punch

"Failure is only a knock down - if you stay down, it's a knock out."

ROCKY MARCIANO



Goal

How did the "Define Your Name" section go? Were there any problems filling out that portion?

The next step is to "Define Your What." Have you ever heard anyone tell you that you could do anything you want to do? They weren't lying.

Write down 10 things that you want to accomplish. Pick the most important one to you and define it in your manual.



Convo

If you could start a charity event, what would your event be and who would it benefit?



Poetic Punch

"Charity is muscle that weakens without exercise."



Chapter 4

Defensive Moves & 5MDs (1-3)

Defensive Moves: Slips and Ducks

Slip to miss straight punches (1-2s)

Duck to miss hooks (3-8s)

5MDs (5 Move Drills):

When punches and movements combine. 5MDs are like simulated sparring

Ex. 1 - 2 - slip - 2 - 1 3 - 2 - duck - 2 - 3



Prize Fight

5MDs - 1-3 + Slips and Ducks

Slips:

1 - 2 - slip - 2 - 1

2 - 1 - slip - 1 - 2

2 - 3 - slip - 3 - 2

Ducks:

1 - 2 - duck - 2 - 1

2 - 3 - duck - 3 - 2

3 - 2 - duck - 2 - 3

3 - 2 - slip - 2 - 3



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

5MD's - Slips

1 - 2 - slip - 2 - 1
2 - 1 - slip - 1 - 2
2 - 3 - slip - 3 - 2
3 - 2 - slip - 2 - 3

Ducks

1 - 2 - duck - 2 - 1
2 - 3 - duck - 3 - 2
3 - 2 - duck - 2 - 3

Choose 2 per Round

Speed

LLRRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

5MD's - Slips

1 - 2 - slip - 2 - 1

2 - 1 - slip - 1 - 2

2 - 3 - slip - 3 - 2

3 - 2 - slip - 2 - 3

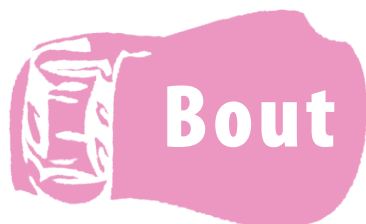
Ducks

1 - 2 - duck - 2 - 1

2 - 3 - duck - 3 - 2

3 - 2 - duck - 2 - 3

Choose 3 per Round



Total Body

Theme

Total Body

Squat Jumps 30 secs

Press

Glove Push-ups 30 secs

Unilateral

Rev Lunge w/Knee Drive 30 secs

Creature Crawl

Side Crawl 30 secs



Bout

Footwork

Speed Ladder

1 Foot in Each

Ali Shuffle

Side Shuffle

POLLY BURNS



Any questions on "Define Your What?"

The next step is to "Define Your Why." Did you ever wonder why most New Year's resolutions fail? On January 1st, that goal sounds like a good idea, but amnesia quickly sets in on the 2nd. Most of the time, this is because that goal isn't 'your goal' it's 'somebody else's goal.'

In your manuals, clearly define why you want to accomplish your goal. When WHAT you want starts to fall apart, WHY you want it will be the only thing holding it together.



What is the funniest experience that has ever happened to you?



"The only difference between a funny experience and a frustrating experience, is the attitude of the involved."

POLLY BURNS



Good news on defining your why? Now its time to "Define Your How."

After WHO you are knows WHAT she wants, and WHY she wants it, the next step is finding HOW you are going to get it.

You don't need to know the entireties of your plan - just a starting point. The only way to get from point A to point B is to start walking.

Start writing in your manual and start walking immediately afterwards.



What is your favorite book? Favorite author? And why?



"Not even the best technology can create the images of a good book."



Chapter 5

5MDs (1-6) Part 1

5MDs using punches 1-6, Slips and Ducks

Ex: 2 - 5 - slip - 3 - 6



Prize Fight

5MDs - 1-6

Slips:

1 - 2 - slip - 6 - 3

2 - 1 - slip - 5 - 6

2 - 5 - slip - 3 - 6

Ducks:

1 - 2 - duck - 4 - 5

3 - 6 - duck - 2 - 3

1 - 6 - duck - 2 - 5



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

5MD's - Slips

1 - 2 - slip - 6 - 3
2 - 1 - slip - 5 - 6
2 - 5 - slip - 3 - 6

Ducks

1 - 2 - duck - 4 - 5
3 - 6 - duck - 2 - 3
1 - 6 - duck - 2 - 5

Choose 2 per Round

Speed

LLRRRR - 3 count

Full Round



Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

5MD's - Slips

1 - 2 - slip - 6 - 3

2 - 1 - slip - 5 - 6

2 - 5 - slip - 3 - 6

Ducks

1 - 2 - duck - 4 - 5

3 - 6 - duck - 2 - 3

1 - 6 - duck - 2 - 5

Choose 2 per Round



Total Body

Theme

Total Body

Squat Thrusts 30 secs

Press

Wide Push-ups 30 secs

Unilateral

Bird Dogs 30 secs

Creature Crawl

3-legged Dog 30 secs



Footwork

Speed Ladder

2 Feet in Each

Ali Shuffle

2 Feet Hops

JACK JOHNSON



Goal

Are the rough drafts of your goals completed? Keep fine-tuning them as often as possible making them clear and concise.

After your goals are started, the FUN begins. Read your writings twice a day to keep them fresh in your mind. You can also get them engraved on a PGB Goal Tag (see the PGB website for more info).

Start thinking about a group goal for the club. What makes your group unique? Some of the other PGB clubs have hosted/sponsored charity events, thrown a PGB Party, Punch-a-thon, or even an evening out with the girls. Perhaps the rock band, The Who, said it best when they said, "Who are you?"



Convo

Ask your members to come up with the question

Backup question: What's your favorite vacation you've ever taken?

If you could travel anywhere in the world tomorrow, where would you go?



Poetic Punch

"Dreaming about a vacation is better than just staying at home."

**Chapter 6****5MDs (1-6) Part 2****5MDs - 1-6 "Variations"**

Defensive Moves can come at any part of the 5MDs.

Ex: 1 - slip - 1 - 2 - 3

1 - 2 - slip - 2 - 3

1 - 2 - 3 - slip - 3

Same works for with Ducks.

**Prize Fight****5MDs - 1-6 "Variations"****Slips:**

1 - slip - 1 - 6 - 3

2 - slip - 2 - 5 - 6

3 - slip - 3 - 2 - 5

1 - 2 - 3 - slip - 3

2 - 3 - 2 - slip - 2

1 - 2 - 5 - slip - 5

Ducks:

2 - duck - 2 - 3 - 6

3 - duck - 3 - 6 - 3

1 - 2 - 3 - duck - 3

2 - 3 - 2 - duck - 4

1 - 2 - 5 - duck - 5



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

5MD's - Slips

1 - slip - 1 - 6 - 3
2 - slip - 2 - 5 - 6
3 - slip - 3 - 2 - 5
1 - 2 - 3 - slip - 3
2 - 3 - 2 - slip - 2
1 - 2 - 5 - slip - 5

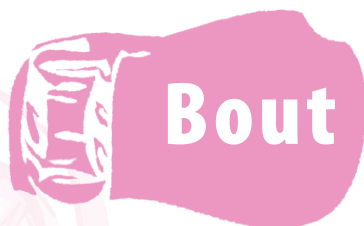
Ducks

2 - duck - 2 - 3 - 6
3 - duck - 3 - 6 - 3
1 - 2 - 3 - duck - 3
2 - 3 - 2 - duck - 4
1 - 2 - 5 - duck - 5

Choose 2 per Round

Speed LLLRRR - 3 count

Full Round



Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

5MD's - Slips

1-slip-1-6-3

2-slip-2-5-6

3-slip-3-2-5

1-2-3-slip-3

2-3-2-slip-2

1-2-5-slip-5

Ducks

2-duck-2-3-6

3-duck-3-6-3

1-2-3-duck-3

2-3-2-duck-4

1-2-5-duck-5

Choose 2 per Round



Total Body

Theme

Total Body

Burpees

30 secs

Press

Push-up Holds

30 secs

Unilateral

Skater Lunges

30 secs

Creature Crawl

Tiger Crawl

30 secs



Footwork

Speed Ladder

Mirror Drill

BARBARA BUTTRICK



Any ideas for a group goal? What can your club do to make a name and an impact on your community?

Today is also the first day where members start leading the General W-up. 3 women at a time can lead the warm-up per session.

Remember that this is not a boring requirement. It should be a fun privilege. Every class from here on will allow the opportunity for you to both lead the warm-up and share your goals. Make sure the trainer signs on your manuals afterwards.



Share your goal with the class

If your main goal is too personal, tell the class about a lighter goal that you are working on.



"If we are always trying to be somewhere we're not, we will never be where we are."



Chapter 7

Cumulative Review

Review everything you've learned so far and blend it all together.

3PCs

Square Drill

3PCs + Square Drill

5MDs

5MDs + Square Drill



Prize Fight

3PCs

5MDs

3PCs + Footwork

5MDs + Footwork



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PCs 30 sec

5MDs 30 sec

Speed LLLRRR - 3 count

Full Round



Bout

Shadowboxing

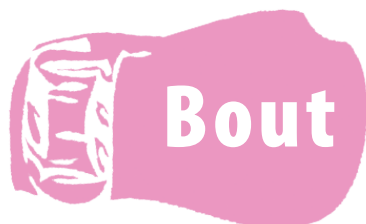
Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PCs 30 sec

5MDs 30 sec

5MDs + Footwork 1 min



Total Body

Theme

Total Body

Burpees

30 secs

Press

Narrow Push-up

30 secs

Unilateral

Lunges

30 secs

Creature Crawl

Tiger Crawl

30 secs



Footwork

Jump Rope

Boxer Jumps

Basic Jumps

GEORGE FOREMAN



Continue sharing your personal goals and continue rotation of leading the General W-up.

Is everyone still having fun? Maybe you should start out class with a good joke. What's your favorite clean joke or funny personal story?

Here is one to stimulate your mind: A grandma was baby sitting her 4-year-old granddaughter. They both had hazel eyes so the grandmother proudly asked, "Emma, do you know where your eyes came from?" The little girl thought for a moment and then answered, "Yes, Grandma, they came with my head."

Make today another fun day. Remember, fun can only be made by yourself, if someone else makes it for you, it's called entertainment.



**What's your favorite food, to cook or to eat?
Perhaps both.**



***"Spice adds flavor to food - food
adds spice to life."***



Chapter 8

Defensive Moves (Blocks) Part 1

Block a 2

Another defensive move is the block. Blocking allows you to keep your balance and fire right back with punches.

Today you will learn to block an opponent's #2 punch.

This will be written in a combo as "block2."

Ex. 1 - 2 - block2 - 2 - 1



Prize Fight

5MDs - 1-6 (Blocks):

1 - 2 - block2 --- 2 - 1

1 - 2 - block2 --- 2 - 5

2 - block2 --- 2 - 3 - 2

2 - block2 --- 2 - 5 - 4

2 - 3 - 2 - block2 --- 2

1 - 6 - 3 - 2 - block2 --- 2



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Block a 2

1 - 2 - block2 --- 2 - 1
2 - block2 --- 2 - 3 - 2
2 - 3 - 2 - block2 --- 2
1 - 2 - block2 --- 2 - 5
2 - block2 --- 2 - 5 - 4
1 - 6 - 3 - 2 - block2 --- 2

**Choose 2
Per Round**

Speed LLLRRR - 3 count

Full Round



Bout Shadowboxing

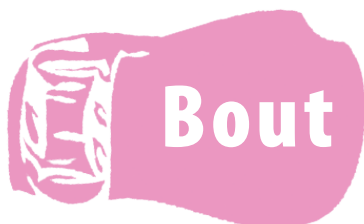
Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Block a 2

1 - 2 - block2 --- 2 - 1
2 - block2 --- 2 - 3 - 2
2 - 3 - 2 - block2 --- 2
1 - 2 - block2 --- 2 - 5
2 - block2 --- 2 - 5 - 4
1 - 6 - 3 - 2 - block2 --- 2

Choose 2
Per Round



Total Body

Theme

Total Body

Stance Squats 30 secs

Press

Lateral Push-up 30 secs

Unilateral

Split Squats 30 secs

Creature Crawl

The Compass 30 secs



Footwork

Speed Ladder

1 Foot in Each

Ali Shuffle

Hop Scotch

ANN WOLFE



Reflective test overview: Think of the Reflective Test as the 'Body' of your 'Mind'. Some of these questions may seem redundant or even tedious. Yet, the best way to actualize your mind's vision is by building your thoughts with words.

Read over the test in your manual and ask your trainer if you have any questions. This test is also a good way to share the PGB culture with your friends. Some clubs frame and post the essays in the gym.

The vision of PGB means something different to everyone. What does Revealing the Champion mean to you? You are not just a part of Pink Gloves, you are Pink Gloves.



What is the best birthday gift you have ever received?



"When I was a kid, I wanted more presents. Now, I don't care about the presents, I just want more birthdays."



Chapter 9

Defensive Moves (Blocks); Advanced Square Drill Part 2

Block a 3

Block your opponent's #3 punch with your elbow tucked into your body and slightly rotating to set yourself up to throw a #3. This will be written in a combo as "block3."

Footwork

Advanced Square Drill: Same as the square drill with double movements.

Ex.) fwd - back - fwd - rt - left - rt - back - fwd - back - left - rt - left



Prize Fight

5MDs - 1-6 (Blocks):

1 - 2 - 3 - block3 --- 3

3 - block3 --- 3 - 2 - 3

2 - 3 - block3 --- 3 - 2

2 - 3 - block3 --- 3 - 6

3 - block3 --- 3 - 4 - 5

DAILY TRAINING

Defensive Moves (Blocks);
Advanced Square Drill
Part 2

PINK GLOVES
BOXING

TIER I
1-9



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Block a 3

1 - 2 - 3 - block3 --- 3
3 - block3 --- 3 - 2 - 3
2 - 3 - block3 --- 3 - 2
2 - 3 - block3 --- 3 - 6
3 - block3 --- 3 - 4 - 5

*Choose 2
Per Round*

Speed LLLRRR - 3 count

Full Round



DAILY TRAINING

Defensive Moves (Blocks) ;
Advanced Square Drill
Part 2



TIER I
1-9



Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Block a 3

1 - 2 - 3 - block3 --- 3

3 - block3 --- 3 - 2 - 3

2 - 3 - block3 --- 3 - 2

2 - 3 - block3 --- 3 - 6

3 - block3 --- 3 - 4 - 5

Choose 2
Per Round

Footwork - Advanced Square Drill

fwd - back - fwd - right - left - right - back - fwd - back - left - right - left





Total Body

Theme

Total Body

Mountain Climbers 30 secs

Press

Scap Push-up 30 secs

Unilateral

Fire Hydrants 30 secs

Creature Crawl

Push-up Crawl 30 secs



Footwork

Speed Ladder

Ali Shuffle

Icky Shuffle

Welcome With Open Arms



Pink Gloves Boxing's three tools to Empowerment (Fun, Community & Achievement) are guided by the ten core values. For the next ten days, the class will focus on each core value (one at a time).

Core Value 1: Welcome with Open Arms

You never know when you're going to meet a new friend or fun experience. The one way to fail is to close your mind and your arms. Treat others as you wish to be treated because others will treat your wishes according to your treatments.

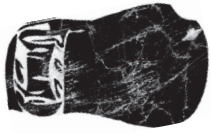


Today's question of the day relates to PGB Core Value #1.

Have you ever been judged unfairly by first impression? Have you ever judged someone too soon and found out differently?



"A hug is a tightly closed embrace starting with open arms."



Chapter 10

Defensive Moves: Backs & Burnouts Part 1

Backs

Another great defensive move. After throwing a punch, you move out of distance to avoid getting hit.



Prize Fight

5MDs - 1-6 (Blocks):

1 - back - 2 - 3 - 4

1 - 2 - 1 - back - 1

1 - back - 1 - 1 - 2

1 - back - 2 - 5 - 4



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

5MD's - 1-6 (Backs)

1 - back - 2 - 3 - 4

1 - 2 - 1 - back - 1

1 - back - 1 - 1 - 2

1 - back - 2 - 5 - 4

**Choose 2
Per Round**

Speed LLLRRR - 3 count

Full Round

DAILY TRAINING

Defensive Moves
Backs & Burnouts
Part 1

PINK GLOVES
BOXING

TIER I
1-10



Bout

Shadowboxing

Mirror

1s	(1st round only)	15 secs each
1-2s	(1st round only)	15 secs each

5MD's - 1-6 (Backs)

1 - back - 2 - 3 - 4

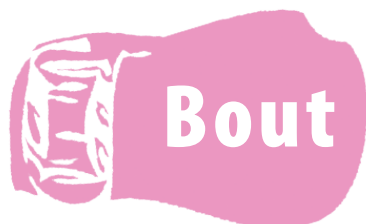
1 - 2 - 1 - back - 1

1 - back - 1 - 1 - 2

1 - back - 2 - 5 - 4

***Choose 2
Per Round***





Total Body

Theme

Total Body

Lateral Burpees 30 secs

Press

Triangle Push-ups 30 secs

Unilateral

Reverse Lunges 30 secs

Creature Crawl

3-Legged Dog Inch Worms 30 secs

DAILY TRAINING
Defensive Moves
Backs & Burnouts
Part 1



TIER I
1-10



Bout

Footwork

Speed Ladder

Follow the Leader

Reveal the Champion



BE CONFIDENT YET HUMBLE



Goal

Talk with the other members to schedule a test day. The test day should be worthy of the local press team (call the TV stations/Radio station & show the world who you are).

Core Value 2: Be Confident Yet Humble

Believe in yourself and your capabilities so much that you never have to tell someone how capable you are.



Convo

What does 'Be Confident, Yet Humble' mean to you?



Poetic Punch

"A confident women in humble clothes will always be in style."



Chapter 11

Defensive Moves: Backs & Burnouts Part 2

Flying Straights (1-2s)

Start throwing 1-2s with perfect form and maximum range of motion.
Then progressively increase to max speed.

Flying Uppercuts (5-6s)

Start throwing 5-6s with perfect form and maximum range of motion.
Then progressively increase to max speed.



Prize Fight

Burnouts - 1-6

Flying Straights 1 - 2s

Flying Uppercuts 5 - 6s



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Flying Straights 1 - 2s

Flying Uppercuts 5 - 6s

Speed LLLRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

1s	(1st round only)	15 secs each
1-2s	(1st round only)	15 secs each

Flying Straights 1 - 2s

Flying Uppercuts 5 - 6s



Total Body

Theme

Total Body

Sprint in Place

30 secs

Press

Gladiator Push-ups

30 secs

Unilateral

Knee-to-ear

30 secs

Creature Crawl

Gorilla

30 secs



Bout

Footwork

Jump Rope

Boxer Jumps (LLRR)

Alternate Jumps

VALIDATE



What do the core values mean to you? And how do they apply in your life?

Core Value 3: Validate

People, experiences and situations have both good and bad. You will find what you're looking for either way. Validate the good and you will get rid of the bad.



**Do you know who can always see the positive in life?
i.e. the bliss in the abyss**



"The earth is a neutral environment, filled with people who are positively or negatively charged."

DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 1



TIER I

1-12



Chapter 12

Punches 7-8; Punch System; The 3PC Combo Part 1

Punch System

Now you know all 8 punches in the PGB Punch System. 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

The 3PC Combo

There are only six 3PC's within the Punch System that maintain the chronological order... and they all flow into 18 punches of fury.

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8



Prize Fight

Punch System

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

3PC Combo

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 1



TIER I

1-12



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Punch System

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

3PC Combo

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8

Speed LLLRRR - 3 count

Full Round



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 1



TIER I

1-12



Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Punch System

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

3PC Combo

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 1



TIER I

1-12



Bout Total Body

Theme

Total Body

Seal Jacks

30 secs

Press

Slow Push-ups

30 secs

Unilateral

Bird Dogs

30 secs

Creature Crawl

Side Crawl

30 secs



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 1



TIER I

1-12



Bout

Footwork

Speed Ladder

Icky Shuffle

Hop Scotch

Reveal the Champion



GIFT FROM THE HEART



Core Value 4: Gift From The Heart

Giving a meaningful gift to someone else is the best gift you can give yourself.



What is your favorite gift that you have ever given?



"The best presents are wrapped in your heart's presence."



Chapter 13

Punches 7-8; Punch System; The 3PC Combo Part 2

The 3PC Combo + Square Drill

Use the Square Drill to practice the 3PC Combo and show off your quick feet.

1 - 2 - 3 - fwd - 2 - 3 - 4 - right - 3 - 4 - 5 - back -
4 - 5 - 6 - left - 5 - 6 - 7 - fwd - 6 - 7 - 8



Prize Fight

The 3PC Combo + Footwork:

Ex. 1 - 2 - 3 - fwd - 2 - 3 - 4 - fwd - 3 - 4 - 5 - fwd...

Ex. 1 - 2 - 3 - back - 2 - 3 - 4 - back - 3 - 4 - 5 - back...

DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 2



TIER I

1-13



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Punch System

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

3PC Combo

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8

Speed LLLRRR - 3 count

Full Round





Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The 3PC Combo + Square Drill

1 - 2 - 3 - fwd - 2 - 3 - 4 - right - 3 - 4
- 5 - back - 4 - 5 - 6 - left - 5 - 6 - 7 -
fwd - 6 - 7 - 8

DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 2



TIER I

1-13



Bout Total Body

Theme

Total Body

18-degree Burpees 30 secs

Press

Push-ups 30 secs

Unilateral

Reverse Lunges 30 secs

Creature Crawl

Tiger Crawl 30 secs



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 2



TIER I

1-13



Bout

Footwork

Mirror Drill

Reveal the Champion



MAKE YOUR OWN FUN



Core Value 4: Make Your Own Fun

Fun situations are made by fun people.



What are some of the little things you enjoy about life?



"The hardest part of growing up is making sure your dreams grow in the same direction."



Chapter 14

Tier 1 Combo; Square Breaking Part 1

You finally did it. After today, you have learned all the skills in Tier 1. Now it's time to perfect them and practice your old skills in new ways

Tier 1 Combo

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip - 5 - 6 - 3 - 8 - 1 - 2



Prize Fight

Tier 1 Combo

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - duck - slip -
5 - 6 - 3 - 8 - 1 - 2

DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 2



TIER I

1-14



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Punch System

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

3PC Combo

1 - 2 - 3 - 2 - 3 - 4 - 3 - 4 - 5 - 4 - 5 - 6 - 5 - 6 - 7 - 6 - 7 - 8

Speed LLLRRR - 3 count

Full Round



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 2



TIER I
1-14



Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The 3PC Combo + Square Drill

1 - 2 - 3 - fwd - 2 - 3 - 4 - right - 3 - 4
- 5 - back - 4 - 5 - 6 - left - 5 - 6 - 7 -
fwd - 6 - 7 - 8



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 2



TIER I

1-14



Bout Total Body

Theme

Total Body

18-degree Burpees 30 secs

Press

Push-ups 30 secs

Unilateral

Reverse Lunges 30 secs

Creature Crawl

Tiger Crawl 30 secs



DAILY TRAINING

Punches 7-8; Punch System;
The 3PC Combo
Part 2



TIER I

1-14



Bout

Footwork

Mirror Drill

Reveal the Champion



LIVE NOW



Core Value 6: Live Now

Having a goal is important. But reaching it isn't as important as becoming a better person in the process. Enjoy the journey and gift your presence to others.



**What is one of your favorite memories of the past?
i.e. If you could paint, you'd be able to
fill in all the details**



*"Yesterdays lessons, applied today,
will bring hapiness tomorrow."*



Chapter 15

Tier 1 Combo; Square Breaking Part 2

Tier 1 Combo + Square & Advanced Square:

Square Breaking:

Be spontaneous and move in the middle of a combination.

Ex: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - fwd - duck - slip - 5 - 6 - 3 - 8 - 1 - 2 - right -
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - back - duck - slip - 5 - 6 - 3 - 8 - 1 - 2 - left



Prize Fight

Tier 1 Combo (parts):

1 - 2 - 3

4 - 5 - 6

6 - 7 - 8

8 - duck - slip

5 - 6 - 3 - 8 - 1 - 2

Tier 1 Combo (parts) + Footwork

DAILY TRAINING

Tier 1 Combo;
Square Breaking
Part 2

PINK GLOVES
BOXING

TIER 1
1-15



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Tier 1 Combo (parts)

1 - 2 - 3

4 - 5 - 6

6 - 7 - 8

8 - duck - slip

5 - 6 - 3 - 8 - 1 - 2

Speed LLLRRR - 3 count

Full Round





Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Tier 1 Combo + Square/Advanced Square

Tier 1 Combo-fwd (fwd-back-fwd)

Tier 1 Combo-right (rt-left-rt)

Tier 1 Combo-back (back-fwd-back)

Tier 1 Combo-left (left-rt-left)

Square Breaking

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - fwd - duck - slip - 5 - 6 - 3 - 8 - 1 - 2 - right -

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - back - duck - slip - 5 - 6 - 3 - 8 - 1 - 2 - left



Total Body

Theme

Total Body

Groiners

30 secs

Press

Push-up Knee Drivers

30 secs

Unilateral

One-leg Hip Bridge Hold

30 secs

Creature Crawl

Inch Worm

30 secs



Footwork

Speed Ladder

Ali

Ski Hops

Speed Ski Hops

BE A LITTLE WEIRD



Talk about the best times for the test day and make sure your trainer lets PGB Central know what new gear you will need.

Core Value 7: Be A Little Weird

Sameness is boring and uncreative. By embracing your weirdness, you will bring the hidden weirdness out of other people. In a supportive community where everybody can be themselves, the weirdness will create uniqueness.



How do you like to be weird?



"Fitting in is no way to stand out."



Chapter 16

Create Your Own Combo Part 1

Now it's your turn. Using the skills you've learned so far, create your own Long Chain Combo (over 5 moves).

Create it and 'own' it; you should be the best in the world at 'your' combo.



Create Your Own Combo

Create and practice your combo.



Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Create Your Own Combo

Create and practice your combo.

Speed LLLRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

1s	(1st round only)	15 secs each
1-2s	(1st round only)	15 secs each

Create Your Own Combo

Create and practice your combo.



Total Body

Theme

Total Body

Up-Downs

30 secs

Press

One-footed Push-ups

30 secs

Unilateral

Walking Lunges

30 secs

Creature Crawl

Push-up Crawl

30 secs



Footwork

Jump Rope

Alternate Jumps

- 30 Slow

- 30 Fast

BE A MILLIONAIRE OF SMILES



Core Value 8: Be A Millionaire of Smiles

A smile is a contagious infection of affection. Dollars will always depreciate but smiles are always appreciated.



Has a smile ever made your day?



"If smiles were dollars; exchange rates would have high interest and plastic surgery would be counterfeiting."



Chapter 17

Create Your Own Combo Part 1

You get 1 chance per class to PERFECTLY perform the Tier 1 Combo.

Take your time, test when you're ready and remember... there are no failures, only 'early attempts.'



Practice/Test Tier 1 Combo
Have Fun and just punch



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Tier 1 Combo

5 - 6 - 3 - 8 - 1 - 2 1 min (fast)
5 - 6 - 3 - 8 - 1 - 2 1 min (hard)

Speed LLLRRR - 3 count

Full Round



Bout

Shadowboxing

Mirror

1s	(1st round only)	15 secs each
1-2s	(1st round only)	15 secs each

Tier 1 Combo

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8	1 min (fast)
8 - duck - slip - 5 - 6 - 3 - 8 - 1 - 2	1 min (fast)



Total Body

Theme

Total Body

Cross Jacks 30 secs

Press

Hindu Push-ups 30 secs

Unilateral

Reverse Lunges 30 secs

Creature Crawl

The Compass 30 secs



Bout

Footwork

Speed Ladder

Lateral Hops

Diagnol Hops

GO THE EXTRA MILE



Core Value 9: Go The Extra Mile

Doing something is just as easy as doing nothing. Every day is a journey. What you're looking for in life you'll find in the extra mile. After you go the extra mile, keep going.



Can you think of a time when you wanted to quit, but you kept going? What did it feel like?



"Some people admit having doubts while others doubt admitting them."



Chapter 18

Cumulative Review

3PCs (1-8)

Footwork: Square Drill & Adv. Square

Defensive Moves: Slips, Ducks, Blocks, Backs

5MDs (1-8)

3PCs + Square Drill

5MDs

5MDs + Square Drill



Prize Fight

Cumulative Review

Continue Practice/Testing Tier 1 Combo

Practice using everything learned



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PCs & 5MDs

All 3PCs and 5MDs learned

Speed LLLRRR - 3 count

Full Round



Bout

Shadowboxing

Mirror

1s	(1st round only)	15 secs each
1-2s	(1st round only)	15 secs each

3PCs & 5MDs

All 3PCs and 5MDs + Footwork



Total Body

Theme

Total Body

Squat Jumps 30 secs

Press

Dive Bomber Push-ups 30 secs

Unilateral

Split Jumps 30 secs

Creature Crawl

Tiger Crawl 30 secs



Footwork

Speed Ladder

Follow the Leader

Reveal the Champion

SET GOALS THAT MAKE YOU BETTER



In the next class, you and the other members will be sharing part 6 of your reflective test. Remind your friends during the general warm-up.

Core Value 10: Set goals that make you better

You have unlimited potential within. Set goals that help you reveal it.



**What is your biggest accomplishment in life?
What goals have you yet to accomplish that you are
working or want to start working on everyday?**



***"A trophy is only meaningful if held by hard
working hands."***



Chapter 19

8 Punches of Pink Gloves

Just like the 12 Days of Christmas song, you gradually build the 1-8 Punch System, one punch at a time.

1	1 - 2 - 3 - 4 - 5
1 - 2	1 - 2 - 3 - 4 - 5 - 6
1 - 2 - 3	1 - 2 - 3 - 4 - 5 - 6 - 7
1 - 2 - 3 - 4	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8



Prize Fight

Cumulative Review

Continue Practice/Testing Tier 1 Combo

The 8 Punches of Pink Gloves

1	1 - 2 - 3 - 4 - 5
1 - 2	1 - 2 - 3 - 4 - 5 - 6
1 - 2 - 3	1 - 2 - 3 - 4 - 5 - 6 - 7
1 - 2 - 3 - 4	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The 8 Punches of Pink Gloves

1
1 - 2
1 - 2 - 3
1 - 2 - 3 - 4
1 - 2 - 3 - 4 - 5
1 - 2 - 3 - 4 - 5 - 6
1 - 2 - 3 - 4 - 5 - 6 - 7
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

Try Reversing It!

Speed LLLRRR - 3 count

Full Round



Bout

Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The 8 Punches of Pink Gloves

1

1 - 2

1 - 2 - 3

1 - 2 - 3 - 4

1 - 2 - 3 - 4 - 5

1 - 2 - 3 - 4 - 5 - 6

1 - 2 - 3 - 4 - 5 - 6 - 7

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

Try Reversing It!



Total Body

Theme

Total Body

High Knees 30 secs

Press

Tiger Crawl w/Push-ups 30 secs

Unilateral

Zig-Zag Lunges 30 secs

Creature Crawl

Tiger Crawl w/Push-up 30 secs



Footwork

Speed Ladder

Ali

High Knees

Lateral High Knees

SILVIA TORRES



Reflective Test - Part 6

During the cool-down, half of the class will share part 6 of their reflective test.



Would you rather have a picture on a bad hair day in a national magazine or in your wedding photo?



"I'm not having a bad hair day, I'm having an I don't care day."



Chapter 20

8 Punches of Pink Gloves - Played In Reverse

Have you ever played Stairway To Heaven in reverse?
Not sure what happens but doing The 8 Punches of Pink
Gloves in reverse is close to Heaven.



Prize Fight

Cumulative Review

Continue Practice/Testing Tier 1 Combo

The 8 Punches of Pink Gloves: REVERSED

8 - 7 - 6 - 5 - 4 - 3 - 2 - 1	4 - 3 - 2 - 1
7 - 6 - 5 - 4 - 3 - 2 - 1	3 - 2 - 1
6 - 5 - 4 - 3 - 2 - 1	2 - 1
5 - 4 - 3 - 2 - 1	1



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The 8 Punches of Pink Gloves: REVERSED

8-7-6-5-4-3-2-1

7-6-5-4-3-2-1

6-5-4-3-2-1

5-4-3-2-1

4-3-2-1

3-2-1

2-1

1

The 8 Punches of Pink Gloves: REVERSED + Square

Speed LLLRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The 8 Punches of Pink Gloves: REVERSED

8-7-6-5-4-3-2-1

7-6-5-4-3-2-1

6-5-4-3-2-1

5-4-3-2-1

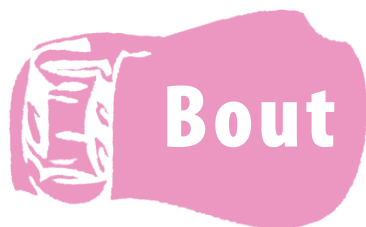
4-3-2-1

3-2-1

2-1

1

The 8 Punches of Pink Gloves: REVERSED + Square



Bout Total Body

Theme

Total Body

Jumping Jacks 30 secs

Press

Glasshopper 30 secs

Unilateral

Rev Lunge w/Knee Drive 30 secs

Creature Crawl

Crouching Tiger 30 secs

DAILY TRAINING
8 Punches of Pink Gloves
Played In Reverse



TIER I
1-20



Bout Footwork

Speed Ladder

1 Foot in Each

2 Forward - 1 Back



INGEMAR JOHANNSON



Reflective Test - Part 6 (cont.)

During the cool-down, the second half of the class will share part 6 of their reflective test.



What is your favorite movie?



"The world is your movie and you are the director."



Chapter 21

The Punch System Tango

It takes two to t-t-tango right?

Well, if you double up two punches at a time progressively moving from 1-8 and separate each combo with a defensive move... that's the PGB Tango.

Ex.) 1 - 2 - 1 - 2 - move - 2 - 3 - 2 - 3 - move - 3 - 4 - 3 - 4 - move...



Prize Fight

Cumulative Review

Continue Practice/Testing Tier 1 Combo

The Punch System Tango with slips, ducks, and backs

Ex. 1 - 2 - 1 - 2 - slip - 2 - 3 - 2 - 3...

1 - 2 - 1 - 2 - duck - 2 - 3 - 2 - 3...

1 - 2 - 1 - 2 - back - 2 - 3 - 2 - 3...



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The Punch System Tango

1 - 2 - 1 - 2 - duck - 2 - 3 - 2 - 3 - duck -
3 - 4 - 3 - 4 - duck - 4 - 5 - 4 - 5 - duck -
5 - 6 - 5 - 6 - duck - 6 - 7 - 6 - 7 - duck -
7 - 8 - 7 - 8 - duck - repeat

Speed LLLRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The Punch System Tango

1 - 2 - 1 - 2 - duck - 2 - 3 - 2 - 3 - duck -
3 - 4 - 3 - 4 - duck - 4 - 5 - 4 - 5 - duck -
5 - 6 - 5 - 6 - duck - 6 - 7 - 6 - 7 - duck -
7 - 8 - 7 - 8 - duck - repeat



Total Body

Theme

Total Body

Burpees

30 secs

Press

Gladiator Push-ups

30 secs

Unilateral

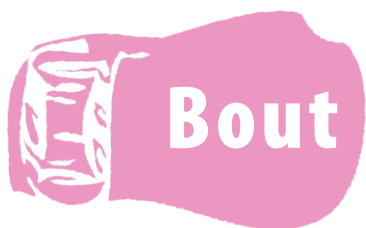
Bulgarian Split Squat

30 secs

Creature Crawl

Gorilla

30 secs



Footwork

Jump Rope

Boxer Jumps

Basics Jumps

ARIEL BECK



Tier 2 Overview

Preparation is a key ingredient to success. Review the goals of Tier 2 by reading through that section of your manual.



Tell us something you've learned about one of your PGB teammates?



"Sharing a text message with a friend may save you time, but sharing a coffee will be worth every minute."



Chapter 22

The Punch System Tango (Alternative Defensive Moves Throughout)

Ex: 1 - 2 - 1 - 2 - slip - 2 - 3 - 2 - 3 - duck - 3 - 4 - 3 - 4 - back...



Prize Fight

Cumulative Review

Continue Practice/Testing Tier 1 Combo

The Punch System Tango with slips, ducks, and backs

Slow it down for perfect form.

Then speed it up. Then slow, then speed, slow, speed...



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The Punch System Tango

1 - 2 - 1 - 2 - slip - 2 - 3 - 2 - 3 - duck -
3 - 4 - 3 - 4 - back - 4 - 5 - 4 - 5 - slip -
5 - 6 - 5 - 6 - duck - 6 - 7 - 6 - 7 - back -
7 - 8 - 7 - 8 - slip - repeat

Speed LLLRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

The Punch System Tango

1 - 2 - 1 - 2 - slip - 2 - 3 - 2 - 3 - duck -
3 - 4 - 3 - 4 - back - 4 - 5 - 4 - 5 - slip -
5 - 6 - 5 - 6 - duck - 6 - 7 - 6 - 7 - back -
7 - 8 - 7 - 8 - slip - repeat



Total Body

Theme

Total Body

Seal Jacks

30 secs

Press

Hokey Pokey Push-ups

30 secs

Unilateral

Speed Skater Lunges

30 secs

Creature Crawl

Inch Worm

30 secs



Footwork

Jump Rope

Lateral Hops

Lateral Diagonal Hops

MANNY PACQUIAO



Test Preparation

Test day is only a week or two away! This day is very rewarding. Talk with the other members about doing something special for and after the test.



**Tell us how you express yourself?
i.e. writing, painting, singing**



***"My journal is the body of my mind
and it throws poetic punches."***



Chapter 23

Share Your Combo

Partner Switch

Trade personal combos with your partner(s) and practice them throughout the class.



Prize Fight

Share Your Combo

The trainer will hold several of the member's personal combos.



Bout Bags

Heavy

1s (1st round) 15 secs each

1-2s (1st round) 15 secs each

1-2-3s (1st round) 15 secs each

1-2-3-4s (1st round) 15 secs each

Personal Combos

Speed LLLRRR - 3 count

Full Round



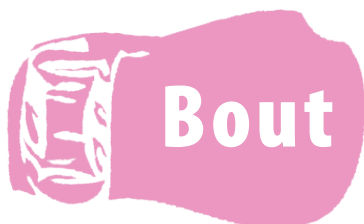
Bout

Shadowboxing

Mirror

1s	(1st round)	15 secs each
1-2s	(1st round)	15 secs each
1-2-3s	(1st round)	15 secs each
1-2-3-4s	(1st round)	15 secs each

Personal Combos



Total Body

Theme

Total Body

Bodyweight Squats 30 secs

Press

Rock the Boat Push-ups 30 secs

Unilateral

Step-ups 30 secs

Creature Crawl

Mudskipper 30 secs



Footwork

Jump Rope

Icky Shuffle

StepIn-StepOut

CLARESSA SHIELDS



Goals Update

How are your goals progressing? Do you have new ideas or feelings about them?

Do you need help/inspiration in your endeavors?



What song do you have to sing every time you hear it play?



"It doesn't matter if you have the best musical ability, as long as you make it to the best of your ability."



Chapter 24

Share Your Combo

Partner Switch

Continue sharing and revising your combination and your classmate's.



Prize Fight

Share Your Combo

The trainer will hold several of the member's personal combos.



Bout Bags

Heavy

1s (1st round) 15 secs each

1-2s (1st round) 15 secs each

1-2-3s (1st round) 15 secs each

1-2-3-4s (1st round) 15 secs each

Personal Combos

Speed LLLRRR - 3 count

Full Round



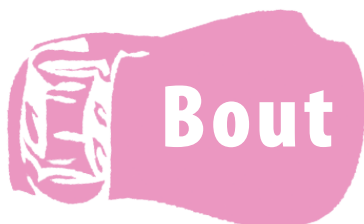
Bout

Shadowboxing

Mirror

1s	(1st round)	15 secs each
1-2s	(1st round)	15 secs each
1-2-3s	(1st round)	15 secs each
1-2-3-4s	(1st round)	15 secs each

Personal Combos



Total Body

Theme

Total Body

Lateral Burpees 30 secs

Press

Glove Push-ups 30 secs

Unilateral

Step-up w/Knee Raise 30 secs

Creature Crawl

Tiger Crawl 30 secs



Footwork

Jump Rope

Boxer Jumps

Alternate Jumps

SMOKIN' JOE FRAZIER



Goals - 'Define Your Name'

Re-read your writings from the beginning of the course. How has the definition of your name progressed this session?



How have you changed over the course of the last couple of weeks?



"The wishing well of change has more sense than cents."



Chapter 25

Perfecting The 3PC Combo

The 18 sequential punches of flowing fury will take years to perfect, but the only way to start... is to start.



Prize Fight

The 3PC Combo

Perfect it!



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PC Combo

1 - 2 - 3	2 - 3 - 4
3 - 4 - 5	4 - 5 - 6
5 - 6 - 7	6 - 7 - 8

Speed LLLRRR - 3 count

Full Round



Bout

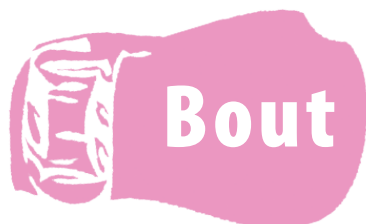
Shadowboxing

Mirror

1s	(1st round only)	15 secs each
1-2s	(1st round only)	15 secs each

3PC Combo

1 - 2 - 3	2 - 3 - 4
3 - 4 - 5	4 - 5 - 6
5 - 6 - 7	6 - 7 - 8



Total Body

Theme

Total Body

Mountain Climbers 30 secs

Press

Side Crawl w/ Push-ups 30 secs

Unilateral

Capoeira Lunges 30 secs

Creature Crawl

Side Crawl w/ Push-ups 30 secs



Footwork

Jump Rope

Ali Shuffle (for speed)

OSCAR DE LA HOYA



Goals - 'Define Your What, Why, How'

Re-read the rest of your goals and make any necessary updates.



Who do you call when you need to laugh?
Or Who do you hang out with when you
need to laugh?



*"Laughing turns whine into watery
eyes of joy."*



Chapter 26

More Exciting Patterns

While the 3PC Combo is a pattern based off of the Punch System, there are also patterns within the 3PC Combo. For example, did you notice the Tango double pairs?

2 - 3 - 2 - 3, 3 - 4 - 3 - 4, 4 - 5 - 4 - 5

Give it a try. The numbers don't lie.



Prize Fight

3PC Combo - 4 and 5 punches at a time

2 - 3 - 2 - 3 - 4

3 - 4 - 3 - 4 - 5

4 - 5 - 4 - 5 - 6

5 - 6 - 5 - 6 - 7

6 - 7 - 6 - 7 - 8

You may have noticed that a few punches are being repeated, but practicing it this way will help train your subconscious to react and not think.



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PC Combo - 4 and 5 punches at a time

2 - 3 - 2 - 3 - 4	3 - 4 - 3 - 4 - 5
4 - 5 - 4 - 5 - 6	5 - 6 - 5 - 6 - 7
6 - 7 - 6 - 7 - 8	

Speed LLLRRR - 3 count

Full Round



Bout Shadowboxing

Mirror

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

3PC Combo - 4 and 5 punches at a time

2 - 3 - 2 - 3 - 4	3 - 4 - 3 - 4 - 5
4 - 5 - 4 - 5 - 6	5 - 6 - 5 - 6 - 7
6 - 7 - 6 - 7 - 8	



Total Body

Theme

Total Body

Jumping Jacks 30 secs

Press

Cross Knee Push-ups 30 secs

Unilateral

Lunge w/Core Twist 30 secs

Creature Crawl

Frog Hops 30 secs



Bout

Footwork

Jump Rope

Icky Shuffle (for speed)

JAMES FIGG



Goal

PGB claims to have found the answer to the ultimate question. What is the meaning of life?

That's right, this isn't a typo. We've found it and that's why you are here. Here it goes. Are you ready?

The meaning of life is to ask yourself the real question, 'What is the meaning of your life?'



Convo

What does 'Revealing the Champion' mean to you?



Poetic Punch

"Being full of mean is meaningless."



Chapter 27

Extra Credit Freestyle Time

Take everything that you know and drill it freestyle form.

3PCs The 8 Punches of Pink Gloves

5MDs The PGB Tango

Square Drill

Adv. Square Drill

3PC Combo



Prize Fight

Don't think, just punch.



Bout Bags

Heavy

1s (1st round only) 15 secs each
1-2s (1st round only) 15 secs each

Freestyle

Speed LLLRRR - 3 count

Full Round



Bout

Shadowboxing

Mirror

1s	(1st round only)	15 secs each
1-2s	(1st round only)	15 secs each

Freestyle



Total Body

Theme

Total Body

180-degrees Burpees 30 secs

Press

Push-ups 30 secs

Unilateral

Reverse Lunges 30 secs

Creature Crawl

Crouching Tiger 30 secs



Footwork

Jump Rope

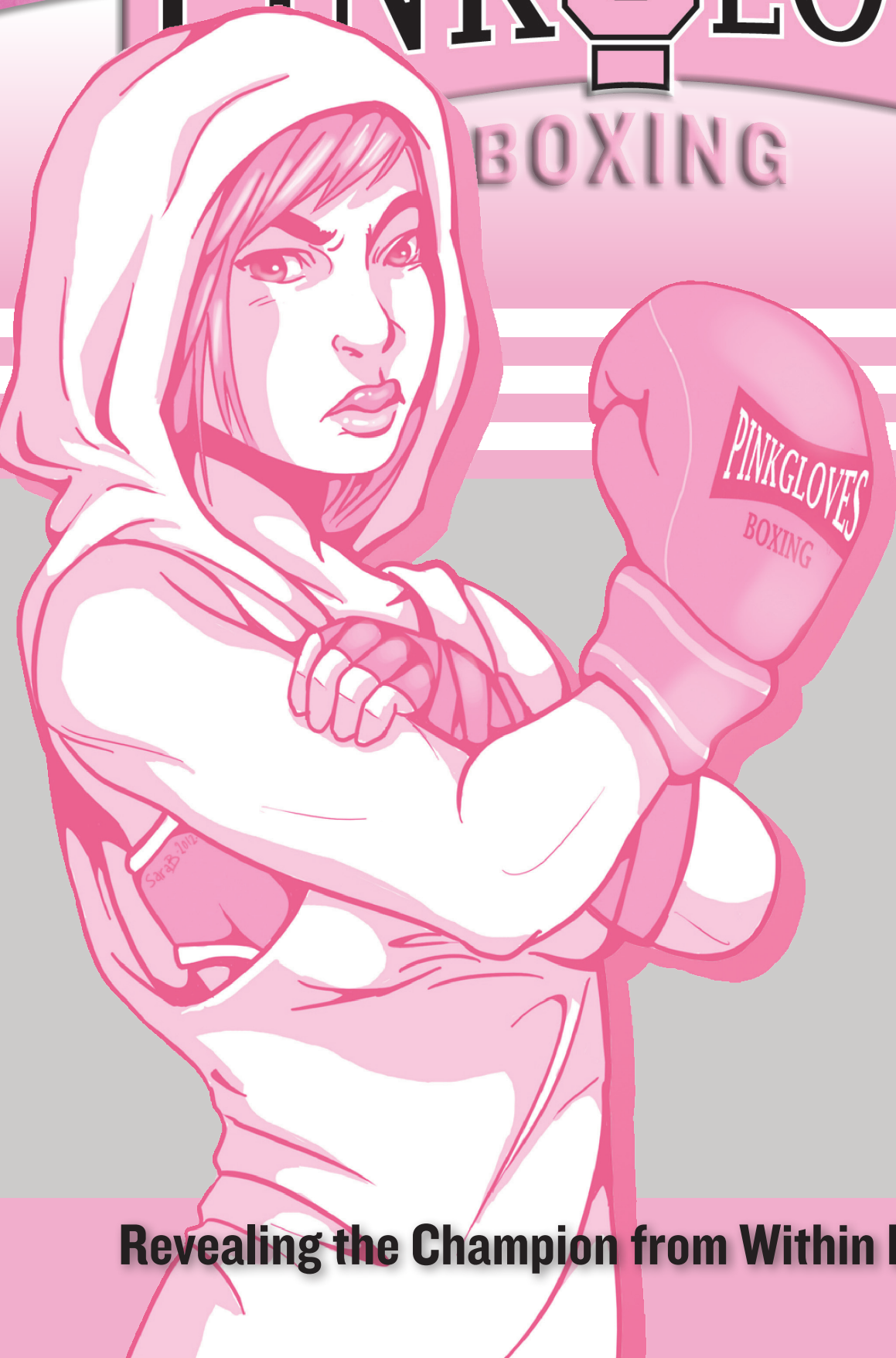
Boxer Jumps

Left Hops

Right Hops

PINKGLOVES

BOXING



Revealing the Champion from Within Each Other™