



TIER 4 WORKOUT PACKS

Tabata description - Tabata Training is a form of interval training performed with short bursts of high intensity. Primarily, Tabatas are considered to be anaerobic exercises, yet they also tap into aerobic oxidation when the body uses oxygen to form water and ATP. With both systems being utilized, Tabatas are a great option for increasing your metabolic rate.

A Tabata is broken down into 8 sets. Each of these sets is comprised of 20 seconds of high intensity, followed immediately by 10 seconds of rest. Two sets are completed in 1 minute, resulting in 4 minutes per exercise.

The goal of Tabata is to achieve maximum power output for each of the 8 working sets. Therefore, choosing the number of reps per set can be difficult. When determining this number, try and begin with a number than you are able to hold consistently through each of the 8 sets. For example, if the exercise was Tabata Push-Ups and you chose 6 reps, this would mean that you would try to hold at least 6 reps for all 8 sets.

During the conditioning bouts, you may only have 2-3 minutes instead of 4. Still maintain the formula of 20 seconds ON and 10 seconds OFF. Team Total Body will always be at least 4 minutes.

Isometric description – Isometrics are a great variation in strength training. By statically holding contracted muscles in place, your joints and supporting musculature adapts; decreasing your chances of injury. Hold the listed exercise between 10° and 50°. Try to remain still (refrain from shaking), breath and maintain proper form with a neutral spine.

Typically, Isometric exercises are performed for 2-3 sets of 10-30 seconds. Since holding a contracted position can momentarily increase blood pressure, those with preexisting high blood pressure should refrain from such exercises unless otherwise cleared by their doctor.

Circuit description – Unlike circuit training in other programs, Pink Gloves chooses to focus on time instead of reps. Each exercise should be performed with proper form at a medium pace for 1/3 (one third) of the round.

Ex.) During a 2 minute round, you would execute each exercise for 40 seconds.

During a 3 minute round, you would train for 1 minute each. Never sacrifice form for reps. Work at a pace that best allows you to maintain nearly perfect form.

Countdown Rounds – This is just like Tier 2. How many reps can you perform at maximum intensity while maintain proper form? Numbers can be tracked in the PGB Member's Manual. Remember, you are only competing with yourself.





TIER4 4 - 1

BEGIN AGAIN



As you continue to climb with Pink Gloves, look back on how far you've come. There may have been steep hills and rocky trails – you may have doubted yourself at times – yet here you stand. Are you ready to go a

little farther? Are you ready to advance? Gall's Law states, "A complex system that works is invariably found to have evolved from a simple system that worked."

As you advance, remember the basics.



What is your most memorable PGB moment?



"Never stop starting; it's the only way to finish."

B(0)XI





Chapter 1 Advanced Reaction Mitts

Duck 3 Duck 3 - - 2 - 3 - 2

Duck 8 Duck 8 - - 3 - 2 - 3

Slip 1 Slip 1 - - 6 - 2 - 3

Slip 2 Slip 2 - - 5 - 3 - 2





Heavy







Bout Shadowboxing

Mirror







Theme

Countdown Rounds – Max reps for 2 min

Guard Squats or Mountain Climbers









Hourglass for Speed



TIER4 4 - 2

RHYTHMATICS



Though you won't find it in the dictionary, Rhythmatics means: the practice of punching in patterns.

Over the next couple of weeks, you will be introduced to new mitt drills. Go slow and try not to think... just punch.



Is there a song that makes you want to dance every time you hear it?



"Life plus math equals clarity minus confusion."





Chapter 2Reaction Rhythms: SEE 1

Reaction Rhythms are a way of drilling the reaction mitts. These drills are designed to help you increase speed and rhythm. Stemming from the See 1--1-slip-1, give the member two options to follow up with. Once, she masters those two options, pick another two. Repeat until all options are deeply engrained into the subconscious. With enough practice, these drills should come to you automatically. If you have to think, you'er not there yet.

See 1 - - 1 Slip - 1





Heavy







Bout Shadowboxing

Mirror









Theme

Circuit - Perform each exercise for 1/3 of the round

Reverse Lunges Bird Dogs Gorilla Crawl









Jump Rope: Boxer Jumps (LLRR) L Hops R Hops





TIER3 4 - 3

WHAT MOVES YOU?

Begin to define your Meaning Motivators. What motivates you (Words, poetry, art, people, sunrises, chocolate, wine:)? Take some time and think about your five primary motivations and define your reasons why. Seek your manual for more information.



What is a quote or phrase that you will never forget?



"Brains build houses, but hearts build homes."





Chapter 3

Reaction Rhythms: SEE 2

See 2 - - 2 Slip - 2









Heavy







Bout Shadowboxing

Mirror









Theme

Tabata – 20 seconds on – 10 seconds off

Super Burpees or Plank Jacks









Ladder: 1F each 2 Forward - 1 Back





TIER3

WALKIN' ON GLASS



A scar is the tattoo of a story. They make you, you. They don't represent you, as you were born. They represent you, as you have lived – stories of your past. And every story has a lesson. What's one of yours?



Do you have any scars? What's the story? What happened?



"Scars hold stories from the past and lessons for the future."





Chapter 4 Fast Feet & Footwork Drill

Start slow and make every step count. Before you get fast feet, you have to start with slow and perfect form (no wasted motion). Practice these drills slowly until you don't have to think. Then progressively increase the pace until the ground starts on fire.

Footwork Drill

Pivot - Sidestep - Back - Leap

Footwork Drill + 3PC's

Pivot - 3PC - Sidestep - 3PC -Back - 3PC - Leap - 3PC

1 - 2 - 3 - Pivot - 2 - 3 - 4 -Sidestep - 3 - 4 - 5 - Back - 4 - 5 - 6 - Leap - 5 - 6 - 7 - Pivot - 6 - 7 - 8...

*Using all 3PC's learned







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 - 2 - 3 - Pivot

1 - 1 - 2 - Sidestep

2 - 3 - 4 - Back

Leap - 4 - 5 - 6







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Pivot - Sidestep - Back - Leap









Theme

Isometric - Hold for 10-30 seconds & Repeat

1-Legged Hip Bridge & Switch









Mirror Drill



TIER3 4-5

BLOCK AND STOCK



Jane wears crazy socks, even in the rain
Crazy socks, to Jane, are how she remains sane
Except for one day, just after the flood
Jane's socks were plain grey, cuz she stepped in mud



Goofy socks or plain socks?



"Socks are for undefeated soles."





Chapter 5

Reaction Rhythms: BLOCKS

Block 2 - - 2 - 3 - 2

Block 3 -- 3 - 2 - 3







Heavy









Bout Shadowboxing

Mirror









Theme

Countdown Rounds – Max reps for 2 min

Mountain Climbers or Jumping Jills









Ladder: Follow the Leader





TIER3 4 - 6

THE PINK PENGUIN



You might never see a Penguin wearing Pink Gloves, but if you do... don't make it mad. As you continue working on your Meaning Motivators, please think of something better than this joke.



What kind of PGB clothing would you like to see?



"If zebras had spots instead of stripes, would lions care?"





Chapter 6

Reaction Rhythms: SEE 8, SEE 3

See 8 - - 8 - Duck - 8

See 3 - - 3 - Duck - 3







Heavy







Bout Shadowboxing

Mirror







Theme

Tabata – 20 seconds on – 10 seconds off

Burpees or Compass Crawl









Footwork Drill



TIER3 4 - 7

BUST A PUNCHMOVE



People who think boxing is all upper body have never seen what happens to boxers who don't move their feet. If they don't move their legs they're going to get knocked off their feet.

Boxer's Rule of Feet: Move em' or Lose em'.



What's the most recent movie you've watched?



"Boxing is like walking with a cane: You gotta 'stick and move."







Punches + Movement = Punchmoves. We know how to punch and we know how to move, now it's time to take the next step.

1 Fwd - Throw a jab while stepping forward

1 - 2 Fwd - A 2 Fwd always follows a 1 (jab)

Leap 2 - To lead with a 2 Fwd you must leap

Leap 3 - Leaping forward and throwing a lead hook

1 Back - Throw a jab while stepping backwards

Sidestep (SS) - A lateral movement always starting with your rear foot.

Orthodox = right & Southpaw = left







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 Fwd

1 - 2 Fwd

Leap 2

Leap 3







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 Fwd - 1 Fwd...

1 - 2 Fwd - 1 - 2 Fwd...

1 - 1 Back - Leap 2...

1 - Fwd - 1 - 2 Fwd - 1 Back - Leap 2...









Theme

Countdown Rounds – Max reps for 2 min

Guard Squats or Tiger Crawl









Ladder:
Ali Shuffle
Side Shuffle





TIER34 - 8

WHAT I'VE BEEN TOLD



Keep the basics in mind. It's easy to lose form and focus when you're working on new combos, but you can never be too good at the basics. Lucia Rijker used to say, "I threw ten thousand jabs before I threw a good one."



What's a lesson from your childhood that has stuck with you?



"Lessons are reflections on mistakes."





Punches + Movement = Punchmoves. We know how to punch and we know how to move, now it's time to take the next step.

1 Fwd - Throw a jab while stepping forward

1 - 2 Fwd - A 2 Fwd always follows a 1 (jab)

Leap 2 - To lead with a 2 Fwd you must leap

Leap 3 - Leaping forward and throwing a lead hook

1 Back - Throw a jab while stepping backwards

Sidestep (SS) - A lateral movement always starting with

your rear foot.

Orthodox = right & Southpaw = left

Punchmoves + 3PCs







Heavy







Bout Shadowboxing

Mirror







Theme

Circuit - Perform each exercise for 1/3 of the round

Reverse Lunges Knee-to-Armpit 3-legged Dog









Square Drill for Speed



TIER3 4 - 9

ONLY MY HAIRDRESSER KNOWS



Take a deep breath... and exhale. That's the smell, taste and feeling of life. Just think, there's no place better than right here, right now. Like the Canadians always say, "Let's have some fun today, eh."



What's the craziest hairstyle you have ever had?



"My hairdresser knows what's on my mind. And she knows how to style it, too."



TIER44 - 9



Chapter 7

Punchmoves: Footwork Combo - Part 3

Footwork Combo - 1 -2 - Pivot - 2 - Sidestep - 2 - 5 - 1 Back - Leap 2

The Footwork Drill allows you to mix and match 3PCs at will, but the Footwork Combo is a set combination that flows... flawlessly and ferociously.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 - 2 - Pivot -

2 - Sidestep -

2 - 5 - 1 Back -

Leap 2









Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 - 2 - Pivot -

1 - 2 - Pivot - 2 - Sidestep -

1 - 2 - Pivot - 2 - Sidestep - 2 - 5 - 1 Back -

1 - 2 - pivot - 2 - Sidestep - 2 - 5 - 1 Back - Leap 2







Theme

Countdown Rounds – Max reps for 2 min

Push-ups or Mountain Climbers









Reverse Square Drill for speed





TIER3 4 - 10

OPEN DOOR POLICY



It's that time again. Time to recap and refocus on the 10 PGB Core Habits. Continue to define and refine what they mean to you.

Core Habit #1. Welcome with Open Arms



What's something you would like to do as a PGB group, outside of the gym?



"If everyone's mind had an 'open-door policy' their mouths would trespass less."





Chapter 8

Reaction Rhythms: SEE 6, SEE 5

See 6 - - 6 - 3 - 2

See 1 - - 1 - Slip - 1

Block 3 - - 3 - 2 - 3

See 3 - - 3 - Duck - 3

See 5 - - 5 - 8 - 3

Duck 3 - - 2 - 3 - 2

Slip 1 - - 6 - 2 - 3

See 5 - - 5 - 8 - 3

See 2 - - 2 - Slip - 2

Block 2 - - 2 - 3 - 2

See 8 - - 8 - Duck - 8

See 6 - - 6 - 3 - 2

Duck 8 - - 3 - 2 - 3

Slip 2 - - 5 - 3 - 2







Heavy







Bout Shadowboxing

MIRROR









Theme

Isometric – Hold for 10-30 seconds & Repeat

1-Legged Hip Bridge & switch









Jump Rope: High Knee Running 10 fast / 10 slow





TIER3 4 - 11

REMOJOVATED



Remojovated: the feeling of rediscovering your mojo. Take a moment of contemplation to redefine your mojovation.

Core Habit #2. Be Confident Yet Humble



What's something that always gets you motivated? (song, movie, quote).



"Motivation only starts the race, mojovation finishes it."





Chapter 9

Reaction Rhythms: DUCK 3, DUCK 8

Duck 8 - - 3 - 2 - 3

Duck 3 - - 2 - 3 - 2







Heavy









Bout Shadowboxing

Mirror









Theme

Tabata – 20 seconds on – 10 seconds off

Super Burpees or Groiners









Ladder: Icky Shuffle





TIER3 4 - 12

LITTLE PINK RIDING HOOD



"My goodness, what great big eyes you have." - If Little Red Riding Hood had worn her pink gloves, the story would have been different.

Core Habit #3. Validate



Favorite or most memorable fairy tale from your childhood?



"A positive mind leaves the negative behind."





Chapter 10

Reaction Rhythms: SLIP 2, SLIP 1

Slip 1 - - 6 - 2 - 3

See 2 - - 2 - Slip - 2

Block 2 - - 2 - 3 - 2

See 8 - - 8 - Duck - 8

See 6 - - 6 - 3 - 2

Duck 8 - - 3 - 2 - 3

Slip 2 - - 5 - 3 - 2

Slip 2 - - 5 - 3 - 2

See 1 - - 1 - Slip - 1

Block 3 - - 3 - 2 - 3

See 3 - - 3 - Duck - 3

See 5 - - 5 - 8 - 3

Duck 3 - - 2 - 3 - 2

Slip 1 - - 6 - 2 - 3







Heavy







Bout Shadowboxing

Mirror







Theme

Countdown Rounds – Max reps for 2 min

Tiger Crawl or Push-ups









Mirror Drill



TIER3 4 - 13

HEART PUMPS



Write about 5 people in PGB who have inspired, motivated or encouraged you to Reveal your Champion. Share it at Test day.

Core Habit #4. Gift from the Heart.



Who is someone you're glad you met through PGB?



"Our hearts never stop talking... whether we listen or not."





Ali Shuffle + 3PCs

Ex.) -

Ali-2-3-6

Ali-1-2-5

Ali-3-4-5









Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)









Bout Shadowboxing

Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)









Theme

Circuit - Perform each exercise for 1/3 of the round

Reverse Lunges Fire Hydrants Inch Worm









Jump Rope: Boxer Jumps (LLRR) L Hops R Hops





TIER34 - 14

FUN FERVOR



Today is the big day. Well, everyday is a big day. But today, you get to start putting the Tier 4 Combo together. What do you think about that?

Core Habit #5 Make Your Own Fun



There's still 5 hours of daylight and all the work is done, what do you do for fun?



"Some people say the word 'fun' is overused. Those people are boring."







Begin Testing for the Tier 4 Combo

Reaction Rhythm - See 1 - - 1 - Slip - 1 - See 6 - - - 6 - 3 - 2 -

See 1 - - 1 - Slip - 1 - Duck 8 - - 3 - 2 - 3-

Footwork Drill - Pivot - Sidestep - Back - Leap

Footwork Combo - 1 - 2 - Pivot - 2 - Sidestep - 2 - 5 - 1 Back -

Leap 2

Ali Shuffle







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Reaction Rhythm
Footwork Drill
Footwork Combo







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Reaction Rhythm
Footwork Drill
Footwork Combo









Theme

Countdown Rounds – Max reps for 2 min

Walking Lunges or Jumping Jills









Footwork Drill and/or Footwork Combo





TIER3 4 - 15

BETTER THAN YESTERDAY



Continue working on the Tier 4 Combo. If you get bored or frustrated, revisit the 12 Rxn Mitts and punch the stress away.

Core Habit #6. Live Now



Have you overcome an obstacle or bad habit from your past?



"The more you worry about your past, the less your present will last."

BOXI





Continue testing for the Tier 4 Combo. In your spare time, revisit the reaction mitts and see if you've improved. All 12 Rxn Mitts.





Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)









Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)









Theme

Isometric - Hold for 10-30 seconds & Repeat

Yoga Hold









Ladder: High Knees Lateral High Knees



TIER3 4 - 16

HI-WEIRDELITY



Get a headcount for test day and remind your trainers to place the gear order with PGB Central.

Core Habit #7. Be a Little Weird.



What makes you weird?



"You're weird! And don't let anyone tell you otherwise."





A looping combo is any combo that ties back into itself. These are great for burnouts, form practice or just plain old-fashioned fun.

The Tier 1 Combo loops onto itself also. And all the individual Reactions loop onto themselves as well.









Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)









Theme

Tabata – 20 seconds on – 10 seconds off

Burpees or Push-Ups









Hourglass for Speed



SMILERS ANONYMOUS



Is that smile on your face, or are you just happy to see me?

Core Habit #8. Be a Millionaire of Smiles



Talk about a smile you'll never forget (someone you know/met or something that made you smile).



"Smiles are faster than they sound."





Chapter 14Redefine Your Combo - Part 1

Take your combo to the next level with all the new skills you've learned. Out with the old and in with the new (keep your favorite parts – just refine it). You should be the best in the world at your own combo.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Redefine Your Combo







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Redefine Your Combo









Theme

Countdown Rounds – Max reps for 2 min

Guard Squats or Side Crawl









Jump Rope: Basic Jumps or Freestyle



LIVE LASTINGLY LONGER



Be a little bit better every day. Just when you feel like quitting, do one more rep.

Core Habit #9. Go the Extra Mile



Have you ever felt like quitting, but you were glad you didn't?



"It's childish to act your age."





Chapter 15Redefine Your Combo - Part 2

Keep working on your combo. Freestyle the bag if you get bored.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Redefine Your Combo







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Redefine Your Combo









Theme

Circuit - Perform each exercise for 1/3 of the round

Reverse Lunges Scorpions Tiger Crawl

Repeat for Bout Team Total Body







Shadowmovement (shadowboxing without punches)





TIER44 - 19

THE BAR RISES



Keep your eyes on the prize. Move closer towards your goals, everyday. If you fall, fall forward because when you get up, you will still make progress.

Core Habit #10. Set Goals that Make You Better



What do you want to accomplish in the next 5 years?



"Raise the bar to lower your competition. Raise it so high that you're the only one who can reach it."





Practice Your Partner's Combo

Trade Personal Combo's with your partner for the day.









Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Practice Your Partner's Combo







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Practice Your Partner's Combo







Theme

Isometric – Hold for 10-30 seconds & Repeat

1-Legged Hip Bridge & switch









JR: For Maximum Reps



TIER4 4 - 20

PG PARADISE



Start sharing your meaning motivators during the Cool-down.



If you could invent the perfect city, what would it look like?



"The best city to find... lies in the state of mind."





8 Punches Of Pink Gloves & Footwork Drill

Try this combo out again and see if it's any easier.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 - Pivot

1 - 2 - Sidestep

1 - 2 - 3 - Back

1 - 2 - 3 - 4 - Leap

1 - 2 - 3 - 4 - Pivot







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 - Pivot

1 - 2 - Sidestep

1 - 2 - 3 - Back

1 - 2 - 3 - 4 - Leap

1 - 2 - 3 - 4 - Pivot

1 - 2 - 3 - 4 - 5 - Sidestep

1 - 2 - 3 - 4 - 5 - 6 - Back

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

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







Theme

Tabata – 20 seconds on – 10 seconds off

Super Burpees or Plank Knee-to-Armpit









Ladder:

Step In - Step Out





TIER44 - 21

PERFECT POWER



Test day prep. Check your manuals and contact PGB Central with any questions. Continue sharing meaning motivators.



What does 'strength' mean to you?



"The mind never knows how many burpees the body can do."

BOXII



TIER4 4 - 21



3PC Combo Better Than Ever

You can never get too good at this combo. Try adding the Footwork Drill to the mix.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 - 2 - 3 - Pivot

2 - 3 - 4 - Sidestep

3 - 4 - 5 - Back

4-5-6-Leap

5 - 6 - 7 - Pivot

6 - 7 - 8 - Sidestep









Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

1 - 2 - 3 - Pivot

2 - 3 - 4 - Sidestep

3 - 4 - 5 - Back

4-5-6-Leap

5 - 6 - 7 - Pivot

6 - 7 - 8 - Sidestep







Theme

Countdown Rounds – Max reps for 2 min

Push-ups or Walking Lunges









Ladder: Icky Shuffle & Hop Scotch



TIER4 4 - 22

TIERY-EYED TANGO



Continue sharing meaning motivators.



This is The World's Radio Station. You get to request 1 song for everyone in the world to listen to, right now. What is it?



"Never question WHY you should laugh harder than you cry."

BOXII





Revisit the ol'Tango. Increase speed and add movement. Alternate slips, ducks and backs.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)







Theme

Circuit - Perform each exercise for 1/3 of the round

Reverse Lunges Bird Dogs 3-legged Dog









Reverse Square Drill



TIER44 - 23

SPONGEBOB SQUAREDRILL



Close any final loops before test day. Check your manuals and see if there's anything else you need to finish before you tier up. Continue sharing meaning motivators.



What is your favorite show/movie/story from your childhood?



"My relationship with burpees has its ups and downs."





Reaction Combo & Square Drill

Perfect the Advanced Rxn combos with the Square Drill and Pivots.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Duck 8 - - 3 - 2 - 3 - Back - Fwd - Pivot

Slip 2 - - 5 - 3 - 2 - Back - Fwd - Pivot

Duck 3 - - 2 - 3 - 2 - Back - Fwd - Pivot

Slip 1 - - 6 - 2 - 3 - Back - Fwd - Pivot







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Duck 8 - - 3 - 2 - 3 - Back - Fwd - Pivot

Slip 2 - - 5 - 3 - 2 - Back - Fwd - Pivot

Duck 3 - - 2 - 3 - 2 - Back - Fwd - Pivot

Slip 1 - - 6 - 2 - 3 - Back - Fwd - Pivot









Theme

Countdown Rounds – Max reps for 2 min

Mountain Climbers or Jumping Jills









Ladder: Follow the Leader





TIER44 - 24

TIRED SHOES



The fourth time's a charm. With the new growth brought by each semester, your definition of RTC becomes clearer. What does Revealing the Champion mean to you? Write your answer at pinkglovesboxing.

com and let your trainer know when you've finished. Think of this as your 'ticket to test.' Share your definitions during Test Day.



It's early Saturday morning, you're driving and everyone in PGB is riding with you. Where are you taking us?



"When I accomplish a goal, I buy a pair of shoes: One for every feat."

TIRED SHOES
5 Punches At A Time



TIER44 - 24



5 Punches At A Time

I know that you've done this before, but throwing 5 punches at a time can create an addicting rhythm. Be careful, you'll have these combos stuck in your head all day.









Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)







Isometric - Hold for 10-30 seconds & Repeat

Yoga Hold









Mirror Drill



POLYPHILOPROGENITIVE



Yes polyphiloprogenitive is a real word. According to Mr. Webster, it means: extremely prolific. Kinda like the PGB Punch System.



You get to pick one word to represent today's workout, what is it?



"Can't is a word that my body can not understand."





Tier 3 Combo & Tier 4 Combo

Link the Tier 3 Combo into the Tier 4 Combo. Let the fun begin.







Heavy

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Tier 3 Combo -

Tier 4 Combo -

Rxn Rhythms -

Footwork Drill -

Footwork Combo -







Bout Shadowboxing

Mirror

1s, 1 - 2s, 1 - 2 - 3s, 1 through 8 15 sec (1st round only)

Tier 3 Combo -

Tier 4 Combo -

Rxn Rhythms -

Footwork Drill -

Footwork Combo -









Tabata – 20 seconds on – 10 seconds off

Push-Ups or Push-Ups ©









Footwork Drill and/or Footwork Combo





TIER4 4 - 26

4-TIERED CLOVER



I can't really give you luck, I'm just a piece of paper. But if I could, I would gladly give you more than you need. But I can't, so you'll have to make your own.



You get one wish that you must use right now, what is it?



"Luck: Find it - Give it - Wish it to a friend - Keep it on your side until the end... Barely push it - Rarely bet it - Never count on it alone - If you can't find it, make your own."









Tier 1 - 2 - 3 & 4 Combo

Practice them in small chunks. Work slowly and surely. Do not progress before you have mastered the beginnings. Never sacrifice speed for form. The speed will come with practice.









Heavy

Tier 1 Combo: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 -

Duck - Slip - 5 - 6 - 3 - 8 - 1 - 2 -

Tier 2 Combo: CC 1 - 4 -

Tier 3 Combo: 3 Amigas - Pivot - Rxn

Combo - Trainer's Combo -

Tier 4 Combo:

Rxn Rhythms -

Footwork Drill -

Footwork Combo -







Bout Shadowboxing

Mirror

Tier 1 Combo: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 -

Duck - Slip - 5 - 6 - 3 - 8 - 1 - 2 -

Tier 2 Combo: CC 1 - 4 -

Tier 3 Combo: 3 Amigas - Pivot - Rxn

Combo - Trainer's Combo -

Tier 4 Combo:

Rxn Rhythms -

Footwork Drill -

Footwork Combo -







Circuit - Perform each exercise for 1/3 of the round

Reverse Lunges Elvis Hips Gorilla Crawl









Ladder:

Hop Scotch & Ali Shuffle





CREATIVITY UNCHAINED



This is not goodbye. PGB is not something that you can let go of, nor is it something that you need to hang onto. It's not a piece of clothing that you only wear on certain occasions – it's not an ugly Christmas sweater.

Let PGB get under your skin. Let it pump through your veins. Let it fuel your heart.

See you next semester





What are your favorite moments from last semester in PGB?



"When creativity cuts... let it bleed."







Take a break, you deserve it. Better yet, take out your aggressions on the bag.







Heavy

Freestyle







Bout Shadowboxing

Mirror

Freestyle







Countdown Rounds – Max reps for 2 min

Burpees or Burpees ©









Jump Rope: Backwards or Freestyle



