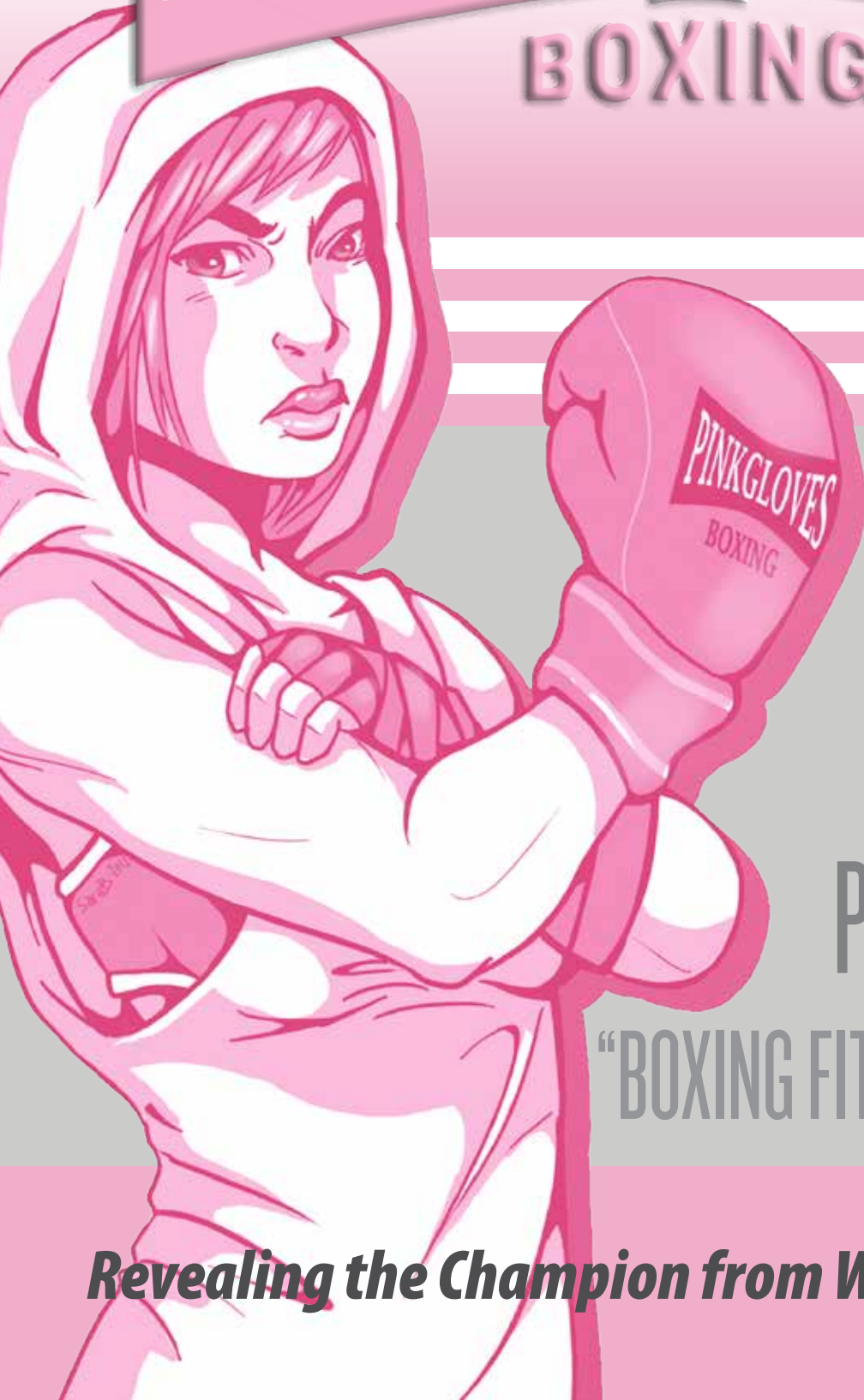


PINKGLOVES

BOXING



PGBTIER6

“BOXING FITNESS FOR WOMEN”

Revealing the Champion from Within Each Other™



TIER 6 WORKOUT PACKS

Are you ready for a new style of workout? As PGB members progress through the tiers, their advanced skills allow for more advanced workouts. The Tier 1 and 2 workouts used the PGB 5 Bout system. The Tier 3 and 4 workouts incorporated Partner Punching and Team Burnouts. In Tier 6, the choice is yours.

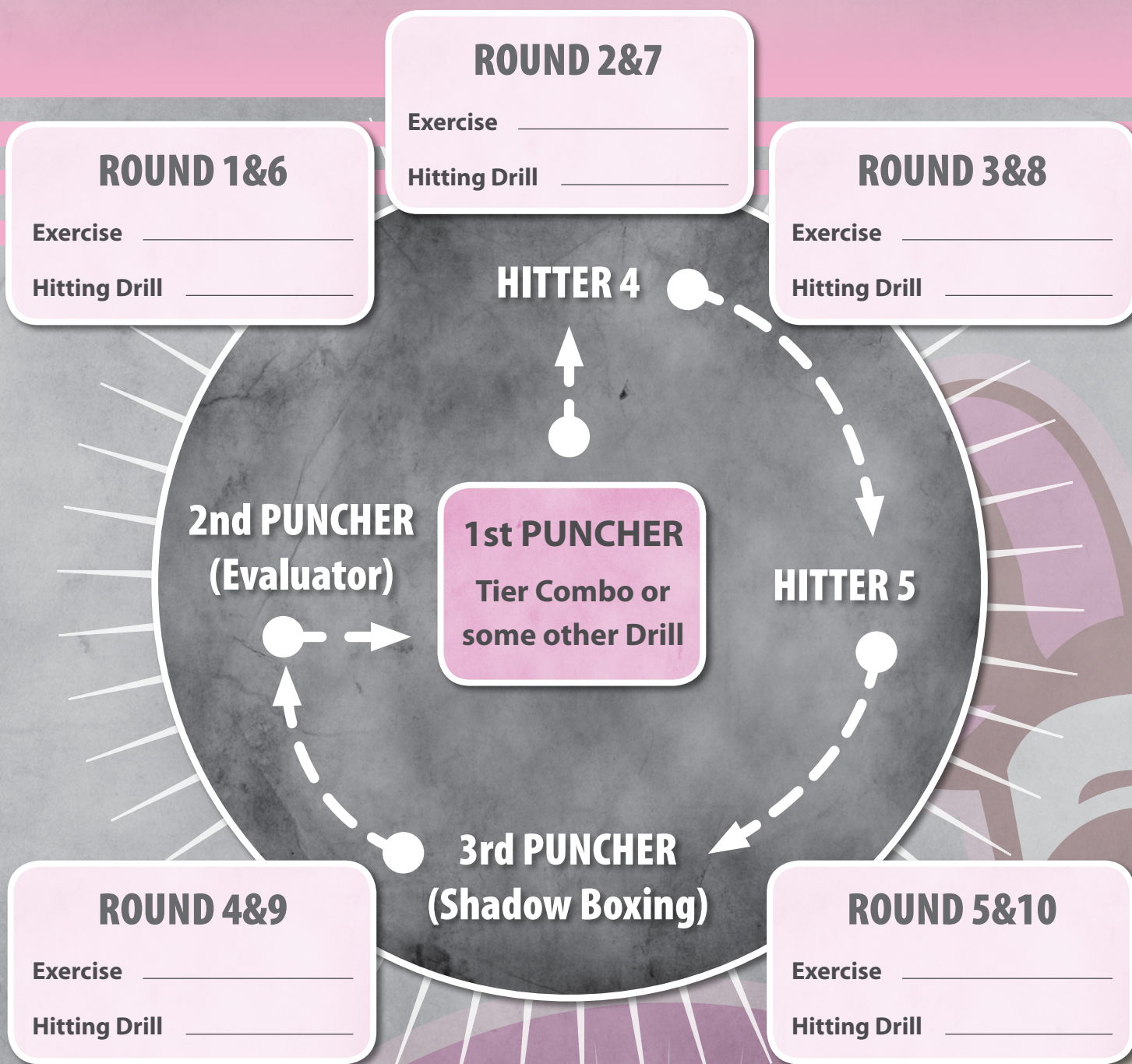
Before each class:

1. Choose one of the seven workout templates
2. Write in the daily boxing drills (as listed on the appropriate workout)
3. Write in your own Total Body exercises (use exercises from previous Workout Packs if you can't think of any)
4. Post the workout sheets in class
5. Let the fun begin

There may be some confusion the first time you try a new template. You have to trust your abilities and trust your members. It gets easier. After a couple of weeks, once everybody understands the flow of the class, you'll be able to put your own spin on the workouts and flex your creative muscles. For more information and videos about how to teach each template, visit pinkglovesboxing.com.



AROUND THE WORLD





AROUND THE WORLD

- This workout focuses on teamwork, interaction and giving constructive evaluations.
- The trainer holds for one member in the middle while the other members form a circle around them.
- The members around the circle perform a Total Body Exercise (chosen by the trainer ahead of time).
- The 2nd Puncher (next member to rotate into the center) does not do the Total Body Exercise, but instead, evaluates the 1st Puncher.
- The 3rd Puncher (next member to rotate to Evaluator) does not do the Total Body Exercise, but instead, Shadowboxes the Hitting Drill.
- Interval length: the smaller the group, the longer the interval can be, but no more than 45 seconds.
- If the group is larger than 10 members, split into 2 circles.
- If the group has 7-9 Members – you might want to add more variation to the Total Body Exercise or choose exercises appropriate for numerous repetitions (plank, squat holds, etcetera...)
- At the end of each round, the members can briefly trade feedback before starting the next round of exercises and hitting drills.
- Variations: A member can replace the trainer holding mitts in the center. Encourage all members to rotate as holders.



BUILD A COMBO

*Example Combination

HITTER 1

*Starts the combo
with a 3: 3-

HITTER 2

*Adds a 6: 3-6-

HITTER 3

*Adds a Slip:
3-6-slip

HITTER 4

*Adds 8:
3-6-slip-8

HITTER 5

*Adds a 5:
3-6-slip-8-5

*Adds a Duck:
3-6-slip-8-5-duck-

HOLDER

Exercises between sets:

- | | | | |
|----------|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ |
| 5. _____ | 6. _____ | 7. _____ | 8. _____ |

Once an error occurs, all members perform drill (given by instructor) and holder rotates out to hitter. The next hitter rotates in as holder.



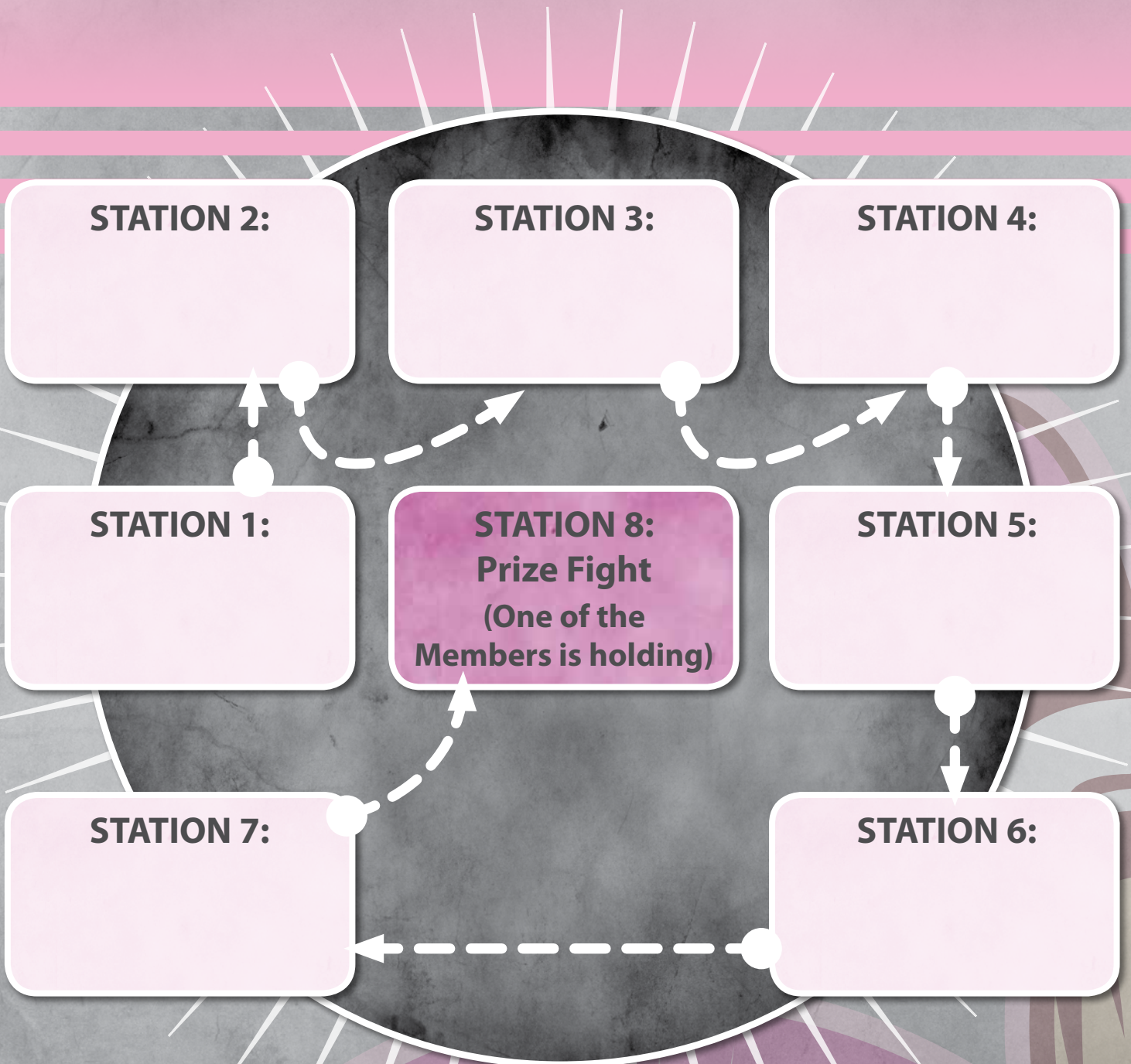
BUILD A COMBO

This drill challenges the memory and skill of both holders and hitters.

- The members (wearing gloves) form a circle around the trainer (wearing mitts).
- Instructor chooses a theme of skills learned in a specific Tier (reaction, switch foot, ambidextrilocious etc.)
- As the trainer rotates to each hitter, the hitter adds one new move to the previous hitter's combo.
- The challenge is to continue to add on to the combination with no errors by either hitter or holder.
- All members shadowbox the combination as it's being created. Everyone punches together.
- When an error occurs (at trainer's discretion), all members perform one of the preplanned exercises listed on the template (burpees, squats, lunges, push-ups, etcetera...) before starting the drill over again.
- Variations: a member can replace the trainer holding mitts. Encourage all members to hold.
- Variations: One round of the PGB 5 Bout Circuit or an additional cardio drill may be included if the Build a Combo drill finishes early.



GIANT CIRCUIT





GIANT CIRCUIT

- The number of stations equals the number of present Members MINUS ONE. Each Member gets her own station, the extra is holding.
- One of the members holds mitts in the middle for a FULL rotation of all the stations. The holder then rotates into Station 1, the Station 1 member rotates to holder. The next round the holder rotates to station 2, and so on.
- The length of each station will depend on how many members are present. More members = Less time.
- The Members rotate through each station (same holder).
- The instructor determines the drill at the Prize Fight station and should be giving feedback to both the hitter and holder.
- Stations should alternate between strength and cardio exercises.

- **EXAMPLE:**

8 Members = 7 stations

30 seconds per station (10 sec rest between stations) = 4:40 per round = ~37:10 total time for 8 Rounds (each Member holding one round)

Station 1: Burpees

Station 2: Tier 4 Footwork Drill

Station 3: Squats

Station 4: Tier 4 Footwork Combo (shadowboxing)

Station 5: Push Ups

Station 6: Tier combos 1-3 (shadowboxing)

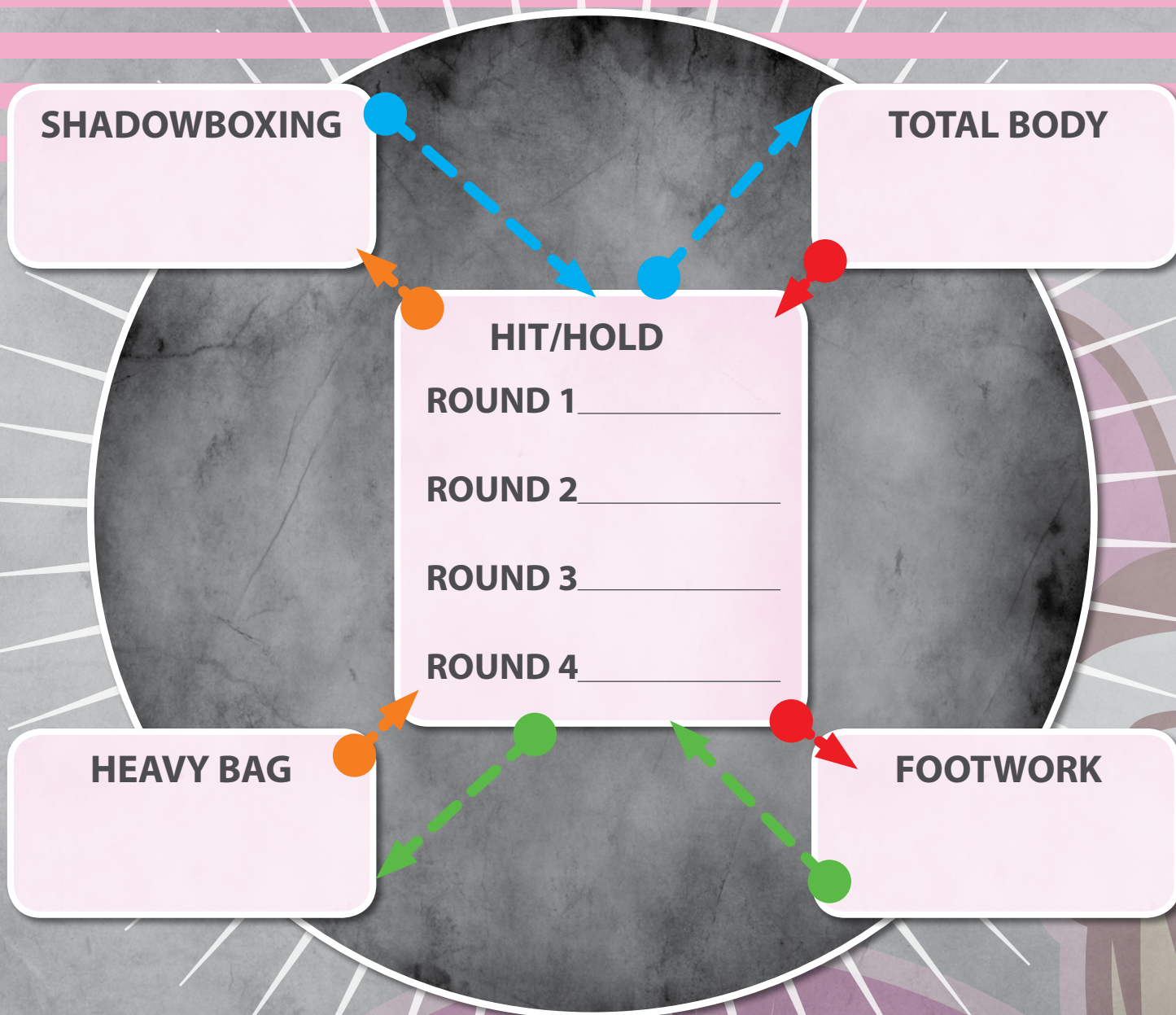
Station 7: Prize Fight

- If you are planning this template with a larger group, make sure to stay on track! Rotations take longer with more people. Maintain focus throughout the workout. Smaller groups, with 5-6 members, is more efficient and allows for longer rounds.



REGULAR CIRCUIT WITH EXTRA PRIZE FIGHTS

Diagram shows where each person would go for 1 round + transition





REGULAR CIRCUIT WITH EXTRA PRIZE FIGHT

- Members, in pairs, start at one of four stations: heavy bag, shadowboxing, total body, and footwork.
- They perform the exercise at their station, and then everyone goes to the center for a segment of hitting and holding.
- After both hitting and holding, the members rotate to the next station for another timed round.
- Return to the center to repeat hitting/holding and rotating sequence.
- Using the Workout Pack, the trainer chooses boxing drills for each Hit/Hold segment and teaches technique throughout the Prize Fight bouts.
- 2-minute rounds with 20-second rest = 28 minutes to complete a full rotation.
- 3-minute rounds with 20-second rest = 40 minutes to complete a full rotation.
- If there are more than 8 people in the class, it is okay to have two sets of members at one station.



LADDER WORKOUT

FORWARD LADDER

ROUND 1

Ladders _____
 Holder 1 _____
 Holder 2 _____
 Hit/Hold _____

ROUND 2

Ladders _____
 Holder 1 _____
 Holder 2 _____
 Hit/Hold _____

ROUND 3

Ladders _____
 Holder 1 _____
 Holder 2 _____
 Hit/Hold _____

ROUND 4

Ladders _____
 Holder 1 _____
 Holder 2 _____
 Hit/Hold _____

BACKWARD LADDER

HOLDER 1

HOLDER 2





LADDER WORKOUT

- This workout focuses on footwork and quick hitting.
- 2 members are holding mitts, the rest are spread out on the ladders wearing gloves. One Speed Ladder is designated FORWARD footwork, the other Speed Ladder is designated BACKWARD footwork.
- The members run through the ladder, hit the mitts, run through the next ladder and hit other mitts...
- 3-minute rounds – the Instructor chooses the ladder drill, and the Holding Members decide their drills (or it can be planned by the instructor ahead of time). It should be a quick drill – for example 3x through the 1-2-3-2 combo.
- After each Ladder round, the members partner up for two, 3-minute Hit/Hold rotations (3-min. holding/3-min. hitting). Then you start another Ladder round, with new holders and new drills. You can also have a Total Body exercise instead of Holders between the Ladders.
- Each round will take about a little less than 10 minutes. 4 rounds will be a little under 40 minutes.



TABATA BURNOUT

B. TABABTA

Hitter rotates to next holder
during 10 seconds rest

HOLDER/HITTER
20 SECONDS

HOLDER/HITTER
20 SECONDS

A. PRIZE FIGHT

ROUND 1

Hit/Hold Drill

ROUND 2

Hit/Hold Drill

ROUND 3

Hit/Hold Drill

HOLDER/HITTER
20 SECONDS

HOLDER/HITTER
20 SECONDS



TABATA BURNOUT

- This workout uses the Tabata format to focus on boxing Burnout drills
- The members rotate between form-focused Prize Fight segments and intense Tabata Burnout segments.
- **A. Prize Fight** – the members hit and hold the drill for each other. While the trainer rotates around each group helping to hold and teach proper technique.
- **B. Tabata Burnout** – After each member hits and holds, the teams move to the perimeter of the room. The holders pick a “burnout drill” while the hitters rotate between the holders using the Tabata format – 20 seconds to burnout/10 second to rotate. With 8 members, one rotation equals 2 minutes (a half Tabata) and two rotations equals 4 minutes (a full tabata). Hitters then switch to holders.
- To maintain form and technique, we recommend half Tabatas. For maximum intensity, try a full Tabata (two rotations) and ask the holders to choose a new burnout drill on the second rotation.
- After the members both hit and hold the Tabata Burnout, everyone returns to the Prize Fight segment.
- 2-minute rounds = 24 minutes total
 - Prize Fight hold – 2 minutes
 - Prize Fight hit – 2 minutes
 - Tabata hold – 2 minutes
 - Tabata hit – 2 minutes
- 4-minute rounds = 48 minutes total
 - Prize Fight hold – 4 minutes
 - Prize Fight hit – 4 minutes
 - Tabata hold – 4 minutes
 - Tabata hit – 4 minutes

x3 Rounds

x3 Rounds



TABATA TECHNIQUE

A. PRIZE FIGHT

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

ROUND 4

(1) Hit/Hold Drill

(2) Tabata Exercise

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

ROUND 1

(1) Hit/Hold Drill

(2) Tabata Exercise

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

ROUND 2

(1) Hit/Hold Drill

(2) Tabata Exercise

**HIT/HOLD
WORKING ON FORM
AND TECHNIQUE**

B. TABATA

ROUND 3

(1) Hit/Hold Drill

(2) Tabata Exercise



TABATA TECHNIQUE

- This workout focuses on boxing technique improvement with Tabata intervals for cardio improvement.
- **A. Prize Fight** – the members hit and hold the drill for each other in the perimeter of the room. While the trainer rotates around each group helping to hold and teach proper technique.
- **B. Tabata** – After first rotation of hitting and holding, all members move to center for team Tabata drill. Either a full, 4-minute Tabata (20sec work/10sec rest x8) or a half, 2-minute Tabata (20sec work/10sec rest x4). The Tabata may consist of one exercise (burpees) for the entire length of the drill or several exercises (mountain climbers, guard squats, push-ups) alternating throughout the drill.
- Members should choose a new partner for each Prize Fight segment.

- 2-minute rounds = 24 minutes total

- o Prize Fight hold – 2 minutes
- o Prize Fight hit – 2 minutes
- o Team Tabata – 2 minutes

x4 Rounds

- 4-minute rounds = 48 minutes total

- o Prize Fight hold – 4 minutes
- o Prize Fight hit – 4 minutes
- o Team Tabata – 4 minutes

x3 Rounds





Chapter 1

Punch Switches (Part 1)

A Punch Switch is when you throw a punch and let your momentum take your feet to the opposite stance.

6switch - Member throws a 6 while pivoting on rear foot and stepping backwards (trainer follows member).

Ex.)

6switch

6switch - 1 back

(practice 1 at a time - Southpaw & Orthodox)

6switch - 1 - 2 - 3...

6switch - 2 - 3 - 2... (choose 2 per round)

6switch - 6 - 3 - 2...



Bout Bags

Heavy

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

6switch

6switch - 1back

(practice 1 at a time - Southpaw & Orthodox)

6switch - 1 - 2 - 3...

6switch - 2 - 3 - 2... (choose 2 per round)

6switch - 6 - 3 - 2...



Bout

Shadowboxing

Mirror

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

6switch

6switch - 1back

(practice 1 at a time - Southpaw & Orthodox)

6switch - 1 - 2 - 3...

6switch - 2 - 3 - 2... (choose 2 per round)

6switch - 6 - 3 - 2...



Chapter 1

Punch Switches (Part 2)

A Punch Switch is when you throw a punch and let your momentum take your feet to the opposite stance.

8switch - Member throws a 8 while pivoting on front foot and stepping forwards (trainer precedes member).

Ex.)

8switch...

8switch - 1back...

(practice 1 at a time – Southpaw & Orthodox)

8switch - 2 - 3 - 2...

8switch - 6 - 3 - 2...

6switch - 8switch... (choose 2 per round)

6switch - 6switch - 8switch...

8switch - 6switch...

8switch - 8switch - 6switch...



Bout Bags

Heavy

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

8switch - 1back...

(practice 1 at a time - Southpaw & Orthodox)

8switch - 2 - 3 - 2...

8switch - 6 - 3 - 2...

6switch - 8switch... (choose 2 per round)

6switch - 6switch - 8switch...

8switch - 6switch...

8switch - 8switch - 6switch...



Bout

Shadowboxing

Mirror

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

8switch - 1back...

(practice 1 at a time - Southpaw & Orthodox)

8switch - 2 - 3 - 2...

8switch - 6 - 3 - 2...

6switch-8switch... (choose 2 per round)

6switch - 6switch - 8switch...

8switch - 6switch...

8switch - 8switch - 6switch...



Chapter 1

Punch Switches (Part 3)

Now that you can punch and switch your stance simultaneously, it's time to practice these moves while throwing several punches. A retreat, is a 3PC + a Punch Switch while moving backwards.

Retreat

6 - 7 - 6switch

Ex.)

6 - 7 - 6 - switch

6 - 7 - 6 - switch - 6 - 7 - 6 - switch...

Retreat + Square Drill

Ex.)

6 - 7 - 6 - switch - forward

6 - 7 - 6 - switch - right

6 - 7 - 6 - switch - back

6 - 7 - 6 - switch - left



Bout Bags

Heavy

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

6 - 7 - 6 - switch

6 - 7 - 6 - switch - 6 - 7 - 6 - switch...



Bout

Shadowboxing

Mirror

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

6 - 7 - 6 - switch - forward

6 - 7 - 6 - switch - right

6 - 7 - 6 - switch - back

6 - 7 - 6 - switch - left



Chapter 1

Punch Switches (Part 4)

A charge, is a 3PC + a Punch Switch while moving forwards.

Charge

4 - 5 - 8switch

Ex.)

4 - 5 - 8 - switch

4 - 5 - 8 - switch - 4 - 5 - 8switch...

Charge + Square Drill

Ex.)

4 - 5 - 8switch - forward

4 - 5 - 8switch - right

4 - 5 - 8switch - back

4 - 5 - 8switch - left



Bout Bags

Heavy

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

4 - 5 - 8 - switch

4 - 5 - 8 - switch - 4 - 5 - 8 - switch...



Bout

Shadowboxing

Mirror

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

4 - 5 - 8 - switch - forward

4 - 5 - 8 - switch - right

4 - 5 - 8 - switch - back

4 - 5 - 8 - switch - left



Chapter 1

Punch Switches (Part 4)

Charge! Retreat! Charge! Retreat! When the trainer calls out a charge, the member throws 4 - 5 - 8switch... until a retreat is called. At that point, the member throws 6 - 7 - 6switch until asked to charge again. Make sense? Now go Charge, Retreat and repeat!

Ex.)

6 - 7 - 6switch...

4 - 5 - 8switch...

(practice Charging and Retreating spontaneously)

6 - 7 - 6switch - 4 - 5 - 8switch...



Bout Bags

Heavy

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

6 - 7 - 6...

4 - 5 - 8...

Bout

Shadowboxing

Mirror

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

6 - 7 - 6switch...

4 - 5 - 8switch...

(practice Charging and Retreating spontaneously)

6 - 7 - 6switch - 4 - 5 - 8switch...



Chapter 2

Punch Pivots (Part 1)

A Punch Pivot is when you throw a punch and let your momentum square your stance. The difference between the Punch Pivot and the Punch Switch is how far you move. A Punch Pivot never exceeds 90 degrees.

Ex.)

8pivot

(try it Southpaw and Orthodox)

8pivot - 6 - 3 - 2

8pivot - 5 - 8 - 3

8pivot - 3 - 8 - 3



Bout Bags

Heavy

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

8pivot - 6 - 3 - 2

8pivot - 5 - 8 - 3

8pivot - 3 - 8 - 3

Bout

Shadowboxing

Mirror

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

8pivot - 6 - 3 - 2

8pivot - 5 - 8 - 3

8pivot - 3 - 8 - 3



Chapter 2

Punch Pivots (Part 2)

A Retreat is when you move backwards, a Charge is when you move forwards and a **Rally** is when you stay and fight, in the same spot.

Rally 8pivot - 6switch - 1back

Ex.) 8pivot (try it Southpaw and Orthodox)
 8pivot - 6switch (both stances)
 8pivot - 6switch - 1back (both stances)

Rally + Square Drill

Ex.) 8pivot - 6switch - 1back - forward
 8pivot - 6switch - 1back - right
 8pivot - 6switch - 1back - back
 8pivot - 6switch - 1back - left



Bout Bags

Heavy

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

8pivot (try it Southpaw and Orthodox)

8pivot - 6switch (both stances)

8pivot - 6switch - 1 back (both stances)



Bout

Shadowboxing

Mirror

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

8pivot - 6switch - 1back - forward

8pivot - 6switch - 1back - right

8pivot - 6switch - 1back - back

8pivot - 6switch - 1back - left



Chapter 3

Charges, Retreats and Rallies (Part 1)

You only have 3 choices: Charge, Retreat or Rally. The trainer will call out one of the three and the member will punch until the next one is called.

Ex.)

Retreat 6 - 7 - 6switch

Charge 4 - 5 - 8switch

(practice switching spontaneously)

Rally 8pivot - 6switch - 1back



Bout Bags

Heavy

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

1 - 2 - 3 - 8

1 - 8 - 3 - 2 (Power Punches)

2 - 3 - 8 - 1



Bout

Shadowboxing

Mirror

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

Retreat 6 - 7 - 6switch

Charge 4 - 5 - 8switch
(practice switching spontaneously)

Rally 8pivot - 6switch - 1back



Chapter 3

Charges, Retreats and Rallies (Part 2)

Perfect practice makes permanently positive performance. This is like controlled sparring. The trainer gets 4 moves and the member gets 4 moves. During a Retreat, the trainer moves first, and the member reacts. During a Charge, the member moves first, and the trainer reacts. During a Rally, they both move and the same time.

Ex.) 4 Charges 4 - 5 - 8switch - 4 - 5 - 8switch...

4 Retreats 6 - 7 - 6switch - 6 - 7 - 6switch...

4 Rallies 8pivot - 6switch - 1back - 8pivot -
6switch - 1back...



Bout Bags

Heavy

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

1 - 2 - 3 - 8...

1 - 8 - 3 - 2... (choose 1 combo and loop it)

2 - 3 - 8 - 1...

Bout

Shadowboxing

Mirror

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

4 Charges 4 - 5 - 8switch - 4 - 5 - 8switch...

4 Retreats 6 - 7 - 6switch - 6 - 7 - 6switch...

4 Rallies 8pivot - 6switch - 1back - 8pivot - 6switch -
1back...



Chapter Recap

Switches and Backs

We gotta break it back down, to build it back up. Today, forget about Charges, Retreats and Rallies. Go back to throwing one Punch Move at a time. Add in 3PCs if you get bored.

Ex.) 6switch - 1back - 6switch - 1back...

8switch - 1back - 8switch - 1back...

6switch - 1back - 8switch - 1back...

6switch - 1 - 2 - 3

6switch - 6 - 3 - 2

8switch - 6 - 3 - 2

8switch - 1 - 2 - 3



Bout Bags

Heavy

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

6switch - 1back - 6switch - 1back...

8switch - 1back - 8switch - 1back...

6switch - 1back - 8switch - 1back...

6switch - 1 - 2 - 3

6switch - 6 - 3 - 2 (choose two per round)

8switch - 6 - 3 - 2

8switch - 1 - 2 - 3



Bout Shadowboxing

Mirror

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

6switch - 1back - 6switch - 1back...

8switch - 1back - 8switch - 1back...

6switch - 1back - 8switch - 1back...

6switch - 1 - 2 - 3

6switch - 6 - 3 - 2 (choose two per round)

8switch - 6 - 3 - 2

8switch - 1 - 2 - 3



Chapter Recap

Switches and Pivots

Add the Pivots and take out the Backs.

Ex.) 8pivot - 6switch - 8switch - 8pivot -
6switch - 8switch

8pivot-

6switch

(in this order, you can practice them continuously)

8switch (make sure to train both sides)

8pivot - 6switch - 8switch...



Bout Bags

Heavy

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

8pivot - 6switch - 8switch - 8pivot - 6switch -
8switch - 8pivot -

6switch -

(in this order, you can practice them continuously)

8switch- (make sure to train both sides)

8pivot - 6switch - 8switch...

 **Bout**

Shadowboxing

Mirror

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

8pivot - 6switch - 8switch - 8pivot - 6switch - 8switch

8pivot -

6switch -

(in this order, you can practice them continuously)

8switch - (make sure to train both sides)

8pivot - 6switch - 8switch...



Chapter 4

The X Combo (Part 1)

Uppercuts are set-ups for overhands and overhands are set-ups for uppercuts. It doesn't get any simpler at confusing you than that. The point is when you throw an uppercut and the opposite overhand (6-7), your shoulders remain in the same plane. Then, when you throw the opposite overhand and uppercut (4-5), your shoulders rotate in the inverse plane. So when you throw both pairs together, it's like you're making an X with your shoulders.

Ex.) The X Combo 6 - 7 - 4 - 5

6 - 7

6 - 7 - 4

(practice 1 at a time - Southpaw & Orthodox)

6 - 7 - 4 - 5 (power punches)

Looping the X Combo 6 - 7 - 4 - 5...

Start in 1st Gear and slowing accelerate to 5th Gear

Ex.) 6 - 7 - 4 - 5...



Bout Bags

Heavy

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

6 - 7

6 - 7 - 4

(practice 1 at a time - Southpaw & Orthodox)

6 - 7 - 4 - 5 (power punches)

6 - 7 - 4 - 5... (loop it)

Bout

Shadowboxing

Mirror

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

6 - 7

6 - 7 - 4

(practice 1 at a time - Southpaw & Orthodox)

6 - 7 - 4 - 5 (power punches)

6 - 7 - 4 - 5... (loop it)



Chapter 4

The X Combo (Part 2)

Reverse the X Combo.

Ex.)

4 - 5

(practice 1 at a time - Southpaw & Orthodox)

4 - 5 - 6

4 - 5 - 6 - 7...

(try power punches and looping punches)



Bout Bags

Heavy

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

4 - 5

(practice 1 at a time - Southpaw & Orthodox)

4 - 5 - 6

4 - 5 - 6 - 7...

(try power punches and looping punches)

Bout

Shadowboxing

Mirror

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

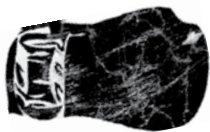
4 - 5

(practice 1 at a time - Southpaw & Orthodox)

4 - 5 - 6

4 - 5 - 6 - 7...

(try power punches and looping punches)



Chapter 4

Freestyle Day!

If they haven't already exploded, try to clear your minds. We've been doing a lot of punching and moving and punchmoving. Now, it's time for a break.

Ex.)

FREESTYLE DAY!



TIER 6
6 - 14



Bout Bags

Heavy

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

FREESTYLE



FREESTYLE DAY!



TIER6
6 - 14

Bout

Shadowboxing

Mirror

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

FREESTYLE





Chapter 5

Tier 6 Combo (Part 1)

Put the pieces together.

Ex.)

6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back - 8pivot -
6switch - 1back - trainerleap



Bout Bags

Heavy

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

8 - 3 - 6 - 3

2 - 5 - 2 - 3 (Power Punches)

1 - 6 - 3 - 2



Bout

Shadowboxing

Mirror

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

6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back - 8pivot - 6switch -
1back - trainerleap



Chapter 5

Tier 6 Combo (Part 2)

Continue to perfect the combo.

Ex.) 6 - 7 - 6switch - 6 - 7 - 6switch -
6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -
4 - 5 - 8pivot - 6switch - 1back - 8pivot -
6switch - 1back - trainerleap



Bout Bags

Heavy

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

1 - 2 - 3 - 2 - 1back

2 - 5 - 2 - 3 - 1back (Power Punches)

1 - 6 - 3 - 2 - 1back

Bout

Shadowboxing

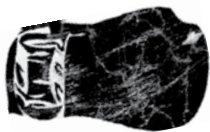
Mirror

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

6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back - 8pivot - 6switch -
1back - trainerleap



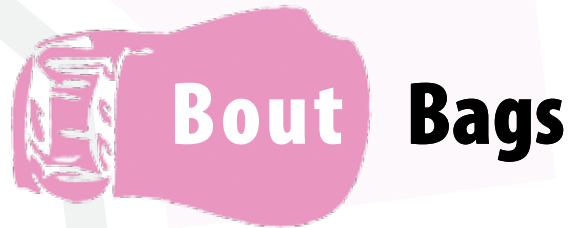
Chapter 6

Redefine 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.

Ex.)

Redefine Your Combo



Heavy

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

PRACTICE YOUR COMBO

**REDIFINE YOUR
COMBO (Part 1)**



TIER6
6 - 17

Bout

Shadowboxing

Mirror

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

PRACTICE YOUR COMBO





Chapter 6

Redefine Your Combo (Part 2)

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

Ex.)

Redefine Your Combo



Bout Bags

Heavy

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

PRACTICE YOUR COMBO

**REDIFINE YOUR
COMBO (Part 2)**



TIER6
6 - 18

Bout

Shadowboxing

Mirror

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

PRACTICE YOUR COMBO





Chapter 7

Practice Your Partners Combo

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

Ex.)

Practice Your Partner's Combo

**PRACTICE YOUR
PARTNERS COMBO**



TIER6
6 - 19



Bout Bags

Heavy

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

PRACTICE YOUR PARTNERS COMBO



**PRACTICE YOUR
PARTNERS COMBO**



TIER6
6 - 19



Bout

Shadowboxing

Mirror

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

PRACTICE YOUR PARTNERS COMBO





Chapter 8

Good Ol' Reaction Mitts

Revisit the reaction mitts and see if you've improved. All 12 Rxn Mitts.

Ex.)

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

block2 - - - 2 - 3 - 2 - block3 - - - 3 - 2 - 3 -

8 - duck - 8 - 3 - duck - 3 -

6 - 3 - 2 - 5 - 8 - 3 -

duck8 - - - 3 - 2 - 3 - slip2 - - - 5 - 3 - 2 -

duck3 - - - 2 - 3 - 2 - slip1 - - - 6 - 2 - 3



Bout Bags

Heavy

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

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

block 2 - - - 2 - 3 - 2 - block 3 - - - 3 - 2 - 3 -

8 - duck - 8 - 3 - duck - 3 -

6 - 3 - 2 - 5 - 8 - 3 - (choose two parts per round)

duck 8 - - - 3 - 2 - 3 - slip 2 - - - 5 - 3 - 2 -

duck 3 - - - 2 - 3 - 2 - slip 1 - - - 6 - 2 - 3

 **Bout**

Shadowboxing

Mirror

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

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

block2 - - - 2 - 3 - 2 - block3 - - - 3 - 2 - 3 -

8 - duck - 8 - 3 - duck - 3 -

6 - 3 - 2 - 5 - 8 - 3 - (choose two parts per round)

duck8 - - - 3 - 2 - 3 - slip2 - - - 5 - 3 - 2 -

duck3 - - - 2 - 3 - 2 - slip1 - - - 6 - 2 - 3



Chapter 9

8 Punches Of Pink Gloves

Back to the basics. Sing the song and let your voices be heard.

Ex.)

Try adding in the Footwork Drill

1 - pivot

1 - 2 - sidestep

1 - 2 - 3 - back

1 - 2 - 3 - 4 - leap

1 - 2 - 3 - 4 - 5 - pivot

1 - 2 - 3 - 4 - 5 - 6 - sidestep

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

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



Bout Bags

Heavy

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

1 - slip

1 - 2 - slip - slip

1 - 2 - 3 - slip

1 - 2 - 3 - 4 - slip - slip

1 - 2 - 3 - 4 - 5 - slip

1 - 2 - 3 - 4 - 5 - 6 - slip - slip

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

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



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

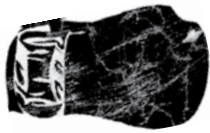
1 - 2 - 3 - 4 - leap

1 - 2 - 3 - 4 - 5 - pivot

1 - 2 - 3 - 4 - 5 - 6 - sidestep

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

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



Chapter 10

The 3PC Combo In 5th Gear

It's just like driving a car. Start out slow in first gear. Shift to second, third, fourth and then... everything you've got. Build the combos in small chunks. Never add more punches until you've mastered all 5 Gears where you are. By starting in 1st Gear each time, you allow yourself to maintain control and form.

Ex.)

1 - 2 - 3 (5 Gears Formula),

1 - 2 - 3 - 2 - 3 - 4 (5 Gears Formula)...

3PC Combo + Footwork Drill

(If you're ready, try it switchfooted)

1 - 2 - 3 - pivot

2 - 3 - 4 - sidestep

3 - 4 - 5 - back

4 - 5 - 6 - leap

5 - 6 - 7 - pivot

6 - 7 - 8 - sidestep

THE 3PC COMBO IN
5TH GEAR



TIER 6
6 - 22



Heavy

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

1 - 2 - 3

2 - 3 - 4

3 - 4 - 5

(put all 18 punches in a row)

4 - 5 - 6

5 - 6 - 7

6 - 7 - 8





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
(try it switchfooted)

5 - 6 - 7 - pivot

6 - 7 - 8 - sidestep



Chapter 11

The Punch Move Dance

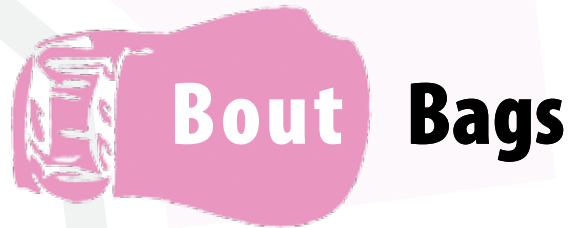
Punching and dancing. As you punch and move through this combo, you'll notice that some transitions are easier than others. With practice, everything should flow smoothly, but it may be necessary to punch/defend WHILE you're moving. Try emphasizing and accenting different punchmoves.

Ex.)

6switch - 8switch

6switch - 8switch - duckswitch

6switch - 8switch - duckswitch...



Heavy

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

1 - 2 - 3 - duck...

2 - 3 - 4 - duck...

3 - 4 - 5 - duck...
(choose two per round)

4 - 5 - 6 - duck...

5 - 6 - 7 - duck...

6 - 7 - 8 - duck...



Bout Shadowboxing

Mirror

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

6switch - 8switch

6switch - 8switch - duckswitch

6switch - 8switch - duckswitch...



Chapter 12

5 Punches At A Time

This is always a good one to go back to. You can never get too good. The possibilities are endless. Try changing the rhythm. Instead of throwing all 5 punches with the same intensity, start with speed and finish with power.

Ex.) 1 - 2 - 1 - 2 (really fast) - **3** (really **powerful**)

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

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

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**

**5 PUNCHES
AT A TIME**



TIER 6
6 - 24



Bout Bags

Heavy

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

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

2 - 3 - 2 - 3 - **4**

3 - 4 - 3 - 4 - **5**

4 - 5 - 4 - 5 - **6** (choose two per round)

5 - 6 - 5 - 6 - **7**

6 - 7 - 6 - 7 - **8**



**5 PUNCHES
AT A TIME**



TIER 6
6 - 24

Bout

Shadowboxing

Mirror

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

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

2 - 3 - 2 - 3 - **4**

3 - 4 - 3 - 4 - **5**

4 - 5 - 4 - 5 - **6** (choose two per round)

5 - 6 - 5 - 6 - **7**

6 - 7 - 6 - 7 - **8**





Chapter 13

Hola De Nuevo

Say 'hello again' to the Three Amigas. "Hola de nuevo."

Ex.) Casillas 1 - back - 1 - slip - slip - 2 - 6

Wolfe 1 - 6 - 1 - 8 - 1 - 2 - duck - 4

Lucia 1 - back - 2 - duck - - 4 - 3 - 6 - 3body -
duck - 3head

HOLA DE
NUEVO



TIER 6
6 - 25



Heavy

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

1 - back - 1

1 - back - 1 - slip - slip

1 - back - 1 - slip - slip - 2 - 6

1 - 6 - 1

1 - 6 - 1 - 8 - 1

1 - 6 - 1 - 8 - 1 - 2 - duck - 4



**HOLA DE
NUEVO**



TIER6
6 - 25



Bout Shadowboxing

Mirror

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

1 - back - 2

1 - back - 2 - duck - 4

4 - 3 - 6 - 3body - duck

4 - 3 - 6 - 3body - duck - 3head

1 - back - 2 - duck - - 4 - 3 - 6 - 3body - duck - 3head





Chapter 14

Tier 1+2+3+4+5+6 Combos

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.

Ex.)

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 - Ftwk Drill - Ftwk Combo - Ali Shuffle

Tier 5 Combo

Punch System Switch (1 - 8) - Duck - DuckSwitch - LeapHook Combo -

Tier 6 Combo

Ambidextrolocious 6 - 7 - 6switch - 6 - 7 - 6switch -

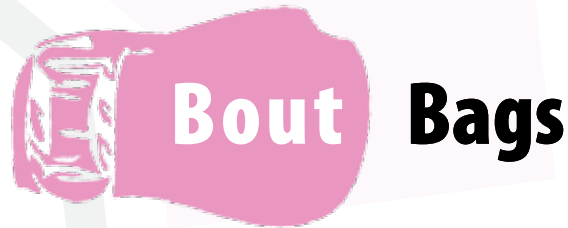
6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back - 8pivot - 6switch - 1back - trainerleap

**TIER 1+2+3
+4+5+6 COMBOS**



**TIER 6
6 - 26**



Heavy

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

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 - Ftwk Drill - Ftwk Combo - Ali Shuffle

Tier 5 Combo

Punch System Switch (1 - 8) - Duck-DuckSwitch -
LeapHook Combo -





Bout

Shadowboxing

Mirror

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

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 - Ftwk Drill - Ftwk Combo - Ali Shuffle

Tier 5 Combo

Punch System Switch (1 - 8) - Duck - DuckSwitch -

LeapHook Combo -

Tier 6 Combo

Ambidextrolocious 6 - 7 - 6switch - 6 - 7 - 6switch -

6 - 7 - 4 - 5 - 8switch - 4 - 5 - 8switch -

4 - 5 - 8pivot - 6switch - 1back - 8pivot - 6switch - 1back - trainerleap

FREESTYLE!



TIER 6
6 - 27



Chapter 15

Freestyle!

Clear your mind, take a deep breath, and just PUNCH.

Ex.)



FREESTYLE!



TIER 6
6 - 27



Bout Bags

Heavy

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

FREESTYLE



FREESTYLE!



TIER6
6 - 27

Bout

Shadowboxing

Mirror

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

FREESTYLE



PINKGLOVES

BOXING



Revealing the Champion from Within Each Other™