



Warm Up: 5 minutes

March in Place with Arms
Squat Rotation
Twist
Air Jump Rope
Jumping Jacks

Today's Workout: Beginner Kick Boxing

Total Body & Conditioning (30 minutes)

5 Rounds:

Each round is 5 minutes. Each exercise is done for 1 minute.
1 minute rest between rounds.

Round 1: 1 minute each exercise

1. Jab (Left)
2. Jab (Right)
3. Squats
4. Knee Drive (Left)
5. Knee Drive (Right)

REST – 1 minute

Round 2: 1 minute each exercise

1. Jab Cross (Left Lead)
2. Jab Cross (Right Lead)
3. Alternating Squat Knee Drive
4. Hook (Left)
5. Hook (Right)

REST – 1 minute

Round 3: 1 minute each exercise

1. Jab, Cross, Hook (Left Lead)
2. Jab, Cross, Hook (Right Lead)
3. Alternating Squat Kick
4. Uppercut (Left)
5. Uppercut (Right)

REST – 1 minute

Round 4: 1 minute each exercise

1. Jab, Cross, Hook, Uppercut (Left Lead)
2. Jab, Cross, Hook, Uppercut (Right Lead)
3. 4 Kicks, 4 Knee Drive Alternating
4. Jumping Jacks
5. Alternating back Lunge

REST

Round 5: 1 minute each exercise

1. Jab, Cross, Hook, Back Knee Drive (Left Lead)
2. Jab, Cross, Hook, Back Knee Drive (Right Lead)
3. Air Jump Rope
4. Alternating Knee Drive
5. Jab Step, Jab Step, Jab, Cross Shuffle Back (Left Lead – 30 seconds)
Jab Step, Jab Step, Jab, Cross Shuffle Back (Right Lead – 30 seconds)

Cool Down: 6 minutes

Arm Circles
Shoulder Stretch
Back Lunge
Hip Hinge
IT Band Stretch
Child's Pose