



**Today's Workout: [Beginner Kick Boxing](#) (basic punch intro)
Total Body & Conditioning PLUS Flexibility (30 minutes)**

Warm Up: 5 minutes

March in Place with Arms, Squat Rotation, Air Jump Rope, Jumping Jacks, Arm Circles

4 Rounds:

Each round is 4 minutes. Each exercise is done for 1 minute.
1 minute rest between rounds.

Round 1: 1 minute each exercise

1. Jab (Left) with boxer bounce/Jab (Right) with boxer bounce
2. Squats
3. Knee Drive (Left) - 30 seconds /Knee Drive (Right) – 30 seconds
4. Alternating Squat Knee Drive

REST – 1 minute

Round 2: 1 minute each exercise

1. Jab Cross (Left Lead) with boxer bounce
2. Jab Cross (Right Lead) with boxer bounce
3. Jab Cross Left with Knee Drive
4. Jab Cross Right with Knee Drive

REST – 1 minute

Round 3: 1 minute each exercise

1. Jab, Cross, Hook (Left Lead)
2. Jab, Cross, Hook (Right Lead)
3. Jab Cross Hook Knee Drive Right & Left (30 seconds on each side)
4. Alternating Squat Kick

REST – 1 minute

Round 4: 1 minute each exercise

1. Alternating Crosses 30 seconds, Jump rope 30 seconds
2. Alternating Hooks 30 seconds, Jump rope 30 seconds
3. Alternating Upper Cuts 30 seconds, Jump rope 30 seconds
4. Alternating Kicks 30 seconds, Jump rope 30 seconds

REST – 1 minute

[YOGA: 10 minutes](#) (we will watch a video and follow along)