



Today's Workout: Kick Boxing

Total Body Conditioning (45 minutes)

5 Rounds:

Each round is 5 minutes. Each exercise is done for 1 minute.
1:30 minute rest between rounds.

Warm Up:

Squat with Twist, Marching with High Knees, Jog in Place, Butt Kicks, Arm Circles

Review Punches, Kicks & Movement:

Punches: Jab, Cross, Hook, Upper Cut

Lower Body: Knee Drive, Front Kick, **NEW:** Back Kick (optional)

Movement: Forward Steps, Shuffle Back

Round 1: 1 minute each exercise

1. 3 Walking Jabs & Shuffle Back (Left)
2. 3 Walking Jabs & Shuffle Back (Right)
3. Alternating Knee Drive
4. Alternating Kicks
5. Squats

REST – 1:30

Round 2: 1 minute each exercise

1. Jab-Cross (Left Lead)/Jab-Cross-Hook (Left Lead) *switch at 30 seconds*
2. Jab-Cross (Right Lead)/Jab-Cross-Hook (Right Lead) *switch at 30 seconds*
3. Jab-Cross-Back Knee Drive (Left)
4. Jab-Cross-Back Knee Drive (Right)
5. Jumping Jacks

REST – 1:30

Round 3: 1 minute each exercise

1. Jab-Cross-Jab-Cross-Back Foot Kick (Left Lead)
2. Jab-Cross-Jab-Cross-Back Foot Kick (Right Lead)
3. Alternating Squat Knee Drive
4. Alternating Kicks
5. Skier Jumps

REST – 1:30

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. Alternating back Lunge
5. Push Ups

REST – 1:30

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. Alternating Squat with Knee Drive
4. Front Kick-Back Kick (switch sides at 30 seconds) or Alternating Kicks
5. Mountain Climbers

Cool Down: 6 minutes

Arm Circles, Shoulder Stretch, Hip Hinge, Back Lunge, Lat Stretch, Child's Pose