

A FULLEST LIFE

WORKOUTS

KICK BOXING

L-JAB-CROSS-KNEE-ROUND
KICK

R-JAB-CROSS-KNEE-ROUND
KICK

L-PUSH KICK-PUSH KICK-
ROUND KICK-SPINNING BACK
KICK

R-PUSH KICK-PUSH KICK-
ROUND KICK-SPINNING BACK
KICK

PUSH KICK x 2 - KNEE x 2

EQUIPMENT- GLOVES IF HITTING PADS OR PUNCHING BAG

1-MINUTE PER EXERCISE

1-2 MINUTE REST IN BETWEEN ROUNDS

REPEAT ROUND 2-10 TIMES

IF TOO DIFFICULT REDUCE TIME TO 30 SECONDS PER EXERCISE