

A FULLEST LIFE

WORKOUTS

KICK BOXING

STRAIGHT PUNCHES

UPPERCUTS

HOOKS

JAB-CROSS

JAB-CROSS-HOOK-HOOK

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