

A FULLEST LIFE

WORKOUTS

## KICK BOXING

L-JAB-CROSS-SIDE KICK-  
SPINNING BACK KICK-ROUND  
KICK

R-JAB-CROSS-SIDE KICK-  
SPINNING BACK KICK-ROUND  
KICK

L-ROUND KICK-SIDE KICK

R-ROUND KICK-SIDE KICK

JAB-CROSS-ROUND KICK x 2 -  
ALTERNATE

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