

Training by Saad #1

Warming up

12 excercise's, 20 seconds each, no break in between! Go through the whole list of excercise's twice.

- Excercise 1 - jumping jacks
- Excercise 2 - forward jumping jacks
- Excercise 3 - raising knee's
- Excercise 4 - heels to your butt
- Excercise 5 - squats
- Excercise 6 - lunges
- Excercise 7 - lunges backwards
- Excercise 8 - push up position (hold position)
- Excercise 9 - mountain climbers
- Excercise 10 - free fall position (hold position)
- Excercise 11 - push ups
- Excercise 12 - sit ups

Combo time!

Now its time for some strikes! You're gonna throw some combo's on the heavybag. Make sure that everytime you finish the combo that you take 1 - 2 second(s) break to make sure you stand steady.

In case you're a southpaw, same excercise's, but opposite directions.

Excercise 1 - left jab/right cross, 20 times

Excercise 2 - left jab/right cross/liver punch/right lowkick, 15 times

Excercise 3 - left jab/right cross/liver punch/right lowkick/right cross/left bodykick, 10 times

Intervall rounds!

Now we're gonna turn the previous combo's into some interfall-rounds action! Each round you work for 30 seconds and after each round is done you have a 15 second break. So, 30 seconds work, 15 seconds break!

Round 1 - left jab/right cross, 30 seconds

Round 2 - squats, 30 seconds

Round 3 - left jab/right cross/liver punch/right lowkick, 30 seconds

Round 4 - push ups, 30 seconds

Round 5 - left jab/right cross/liver punch/right lowkick/right cross/left bodykick, 30 seconds

Round 6 - sit ups

Combo time part 2!

Now some counters! You're gonna throw countercombo's on the heavybag. Make sure that everytime you finish the countercombo that you take 1 - 2 second(s) break to make sure you stand steady.

We are counter to jabs/cross punches! The technique that we're using to counter is the "slip"

Excercise 1 - slip left/right cross/left knee, 20 times

Excercise 2 - slip right/left hook/right knee, 20 times

Excercise 3 - slip left/slip right/left hook/right cross/left bodykick, 15 times

Interfall rounds part 2!

Now we're gonna turn the previous countercombo's into some interfall-rounds action! Each round you work for 30 seconds and after each round is done you have a 15 second break. So, 30 seconds work, 15 seconds break!

Round 1 - slip left/right cross/left knee, 30 seconds

Round 2 - planking

Round 3 - slip right/left hook/right knee, 30 seconds

Round 4 - side plank left

Round 5 - slip left/slip right/left hook/right cross/left bodykick

Round 6 - side plank right

FINISH

10 rounds of free kickboxing!! 30 seconds each round, 15 seconds break.

Cooling down

Go fuck yourself

