

WARMING-UP

Boksloop 45 sec
Plank 45 sec
Repeat 2 rounds

Jumping jacks 45 sec
Squat hold 45 sec
Repeat 2 rounds

Sideplank left side 30 sec
Schaduw boksen 1 min
Sideplank right side 30 sec
Schaduw kickboksen 1 min

COMBINATIONS 1,5 MIN WORK READ THE NEXT COMBINATION IN THE 30 SECOND BREAK

jab cross double L roundhouse kick 1,5 min
30 sec break
Jab R roundhouse kick jab cross L knee 1,5 min
30 sec break
L hook R cross L lowkick R knee L jab R cross 1,5 min
30 sec break
L teep R cross L hook R lowkick R roundhouse kick 1,5 min
30 sec break

5 rounds of 20 seconds throw as many jabs as possible. Count them for yourself and try to beat your own record. Break from 10 seconds in between rounds

5 rounds of 20 seconds throw as many straight right punches as possible. Count them for yourself and try to have more every round. Break from 10 seconds in between rounds

5 rounds of 15 seconds throw as many R teeps as possible. Count them for yourself and try to beat your own record. Break from 10 seconds in between rounds

5 rounds of 15 seconds throw as many L teeps as possible. Count them for yourself and try to have more every round. Break from 10 seconds in between rounds

COMBINATIONS 1,5 MIN WORK READ THE NEXT COMBINATION IN THE 30 SECOND BREAK

LRL hook R lowkick L knee 1,5 min
30 sec break
Jab R roundhouse kick jab cross L knee 1,5 min
30 sec break
LRL teep L hook R cross L roundhouse kick 1,5 min
30 sec break
L jab L hook R knee L teep L jab R cross 1,5 min
30 sec break

Cardio

Constantly: LRLRL clinching knees LRL hook 1,5 min
break 30 sec

Constantly: LRLRL Hooks LRL clinching knees 1,5 min

Freestyle boxing 1,5 min
break 30 sec
Freestyle kickboxing 1,5 min

Sit ups 30x
Sit ups ellbows to your knees LR 30x
Leg raises 15x

Stretching