

## Freestyle kickboxing class van Juliette

Warming up:

Schaduwboksen	1 min
Springtouw	2 min
Schaduwboksen	1 min
Springtouw	2 min
Schaduwboksen	1 min
Springtouw	2 min

Count from from 20 to 2, next round from 18 to 2, then from 16 to 2 etc. until 4 to 2  
20-2 Jab-Cross (20-2) R&L Body kicks (2x10-2) R&L Knees (2x10-2) - aprox 4min

100 x Jab & Cross Fast – 50 x Jab & Cross hard – 5 burpee's

20 Body Kicks L&R Fast -20 Body Kicks L&R Hard – 5 burpee's – 100 punches fast – 50 punches hard – 10 burpee's

**Repeat round 1 and 2 for 3 times, each roundis 1,5 min:**

Round 1:

30sec teqnical boxing – 30sec Jab-Cross as fast as you can - 30sec boxing as hard as you can

Round 2:

Jumping Jacks

**Repeat round 1 and 2 for 3 times, each roundis 1,5 min:**

Round 1:

30 sec teqnical kickboxing – 30 sec clinch L&R Knee 30 sec L&R Body kicks 1,5min

Round 2:

Jumping Jacks

**Freestyle:**

- Only direct punches and teeps 1,5min
- Only Hooks and Body Kicks 1,5min
- Body punches and lowkicks 1,5min
- All-in 1,5min